

## HOME ACTIVITIES FOR THE WEEK

### TO DO:



- **PRACTICE** expressing positive feedback or giving support to another adult during the next week.
- **OR**
- **PRACTICE** asking for feedback when you are feeling defensive or when unsure what the other person is saying or how they are reacting to what you have said or done.
- **PRACTICE** making a request of another adult during the next week. Remember to be positive, specific, use “I” messages and to give clarification or feedback.

Keep track of the results of the first three exercises on Record Sheet Handout: Giving and Getting Support.

- **RECORD:** (on the Parent Record Sheet: Sources of Stress) your daily stressors and plan a strategy to give yourself more support for these stressful times. Then try out your strategy and record what happens.
- **CALL** your buddy this week. (You could do your practice with your buddy!)

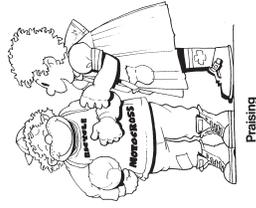
### TO READ:



- Handouts and **Chapter Twelve - *Timeout From Stress and Anger*** - in *The Incredible Years*.

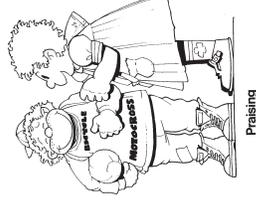
## REFRIGERATOR NOTES ABOUT EFFECTIVE COMMUNICATION

- Use “**active**” listening and encourage others to express their ideas and feelings.
- **Speak up clearly with “I” messages** (avoid “you” messages which tend to blame or criticize).
- **Express your feelings about issues** rather than storing up grievances, but remember to be considerate about when and where you speak up.
- Think about the other person’s needs and then **validate their feelings and point of view** (try to put yourself in their shoes).
- Avoid criticisms, gripes and put downs. **Focus on being polite and positive.**
- **Stop discussion or take a short Timeout when confused, angry** or when communication is breaking down.
- **Focus on fixing the problem, not fixing the blame.**
- **Recognize that another person’s problem or feeling is always legitimate.** Avoid denials and defensiveness.
- **Ask for feedback** in order to be sure you understand correctly. (Recognize your own as well as other “mood filters” and how they may distort communication.)
- Give clear and consistent verbal and nonverbal messages.
- Make positive requests and comply to other’s requests.
- Express positive feedback and feelings.



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## PARENT RECORD SHEET: GIVING AND GETTING SUPPORT

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Describe your responses and the listener's responses to the two exercises.

1. Making a Request

**Example**

2. Giving Support or Positive Feedback

**Example**

3. Getting Feedback or Clarification

**Example**



## PARENT RECORD SHEET: SOURCES OF STRESS

Daily Stressors

Strategy

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

If you have a partner compare your lists to see if there is any way you can help each other with daily hassles.

### WHAT HAPPENED?

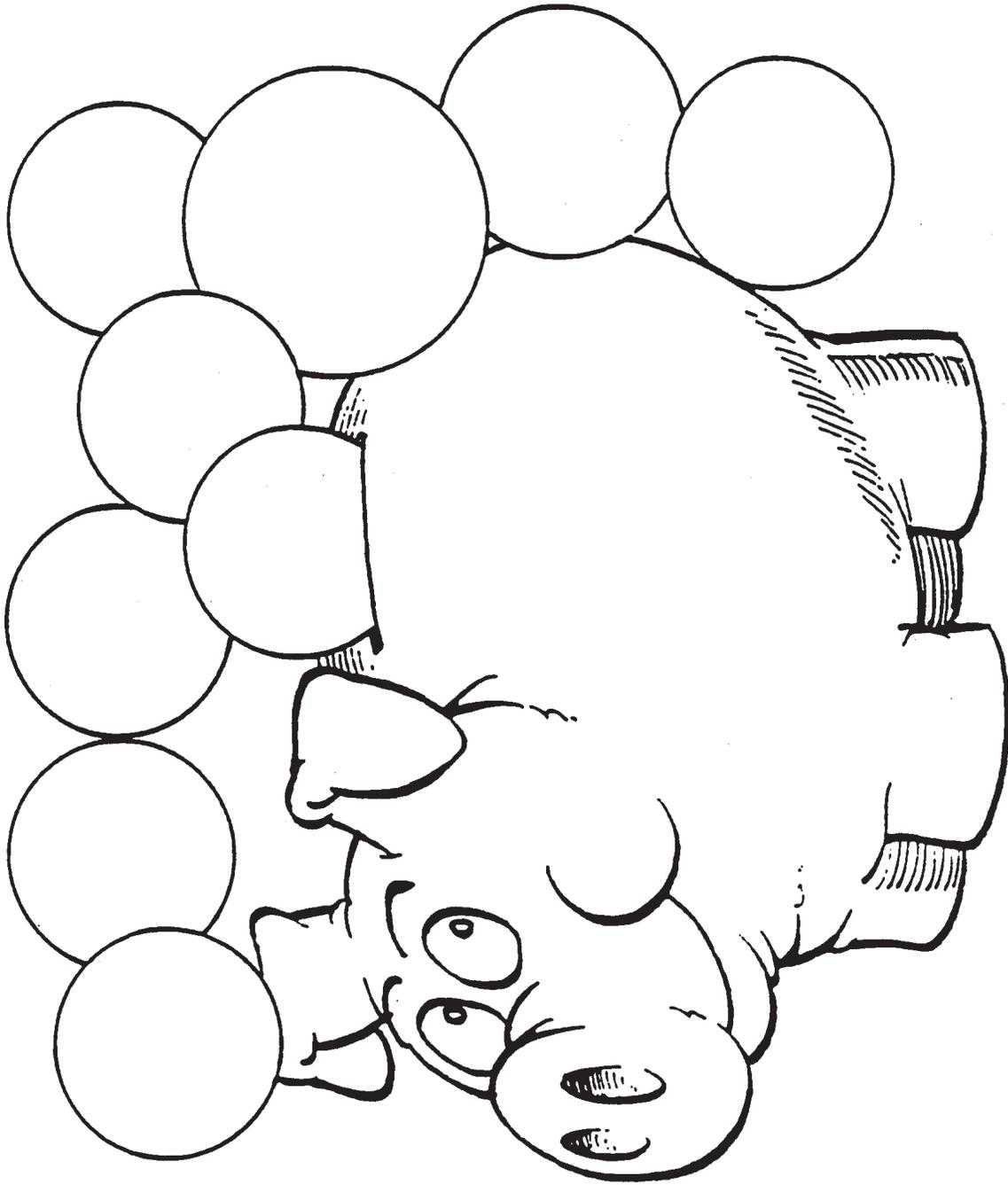
STRESSOR

STRATEGY

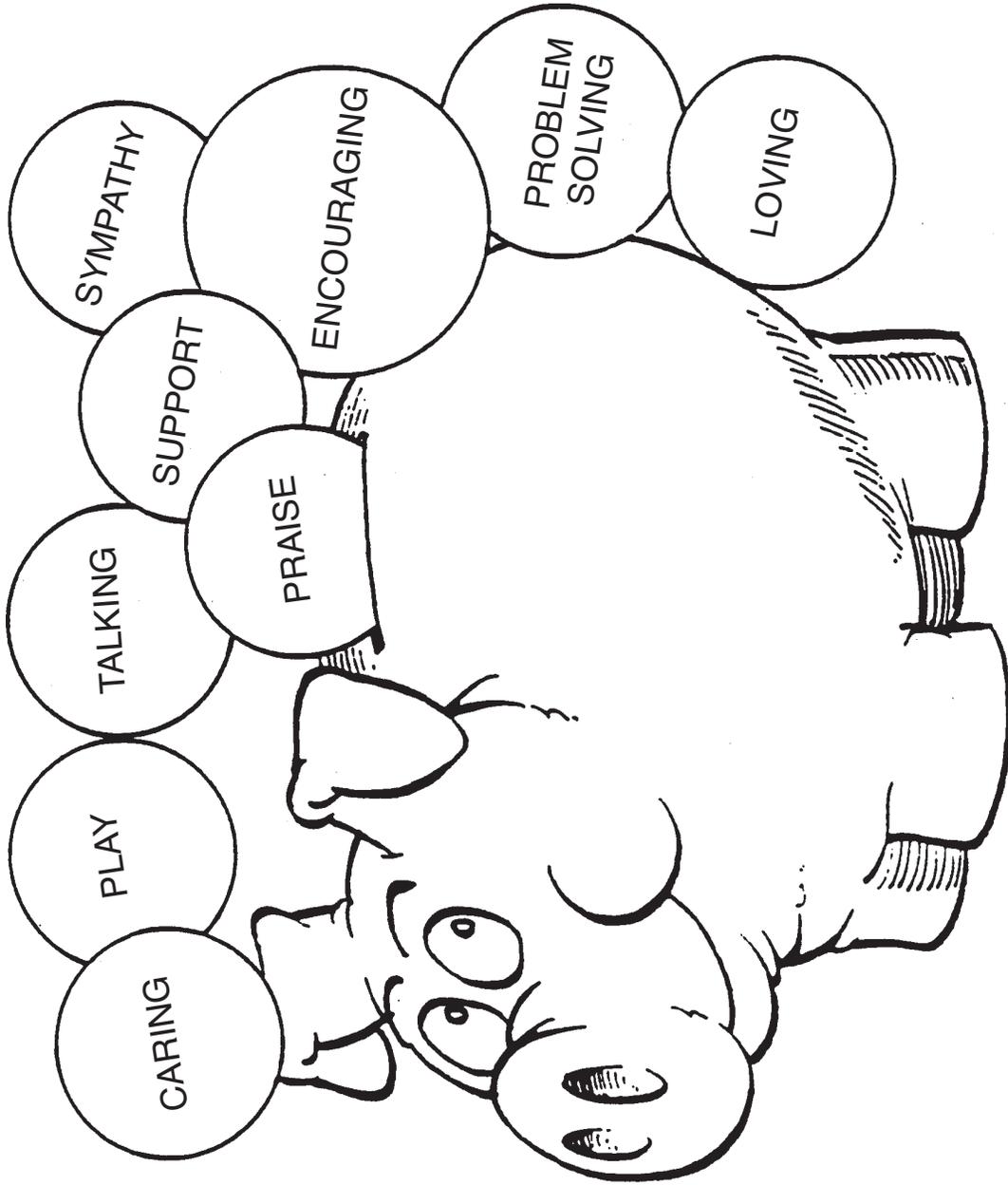
EFFECTIVENESS

OBSTACLES

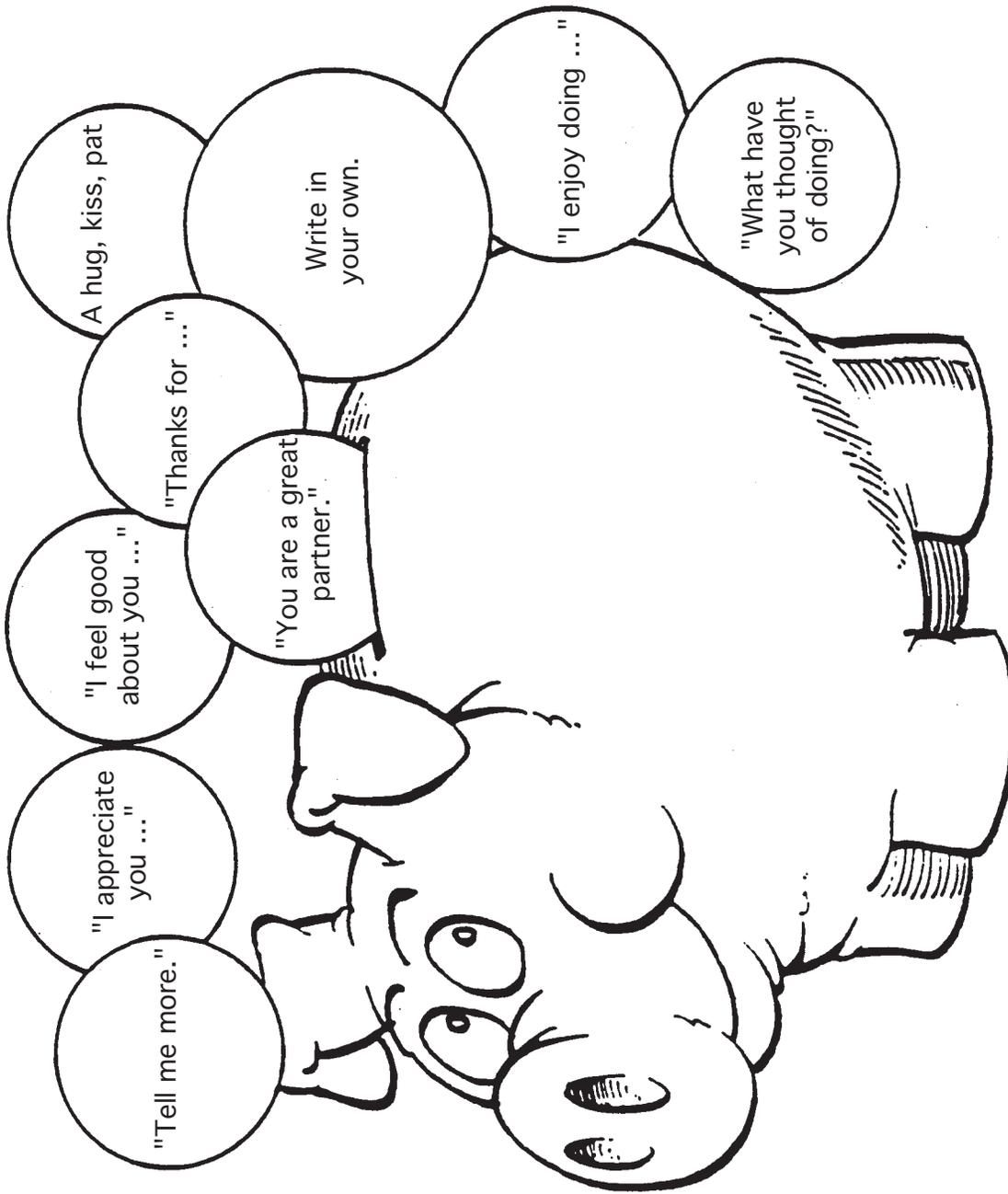
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



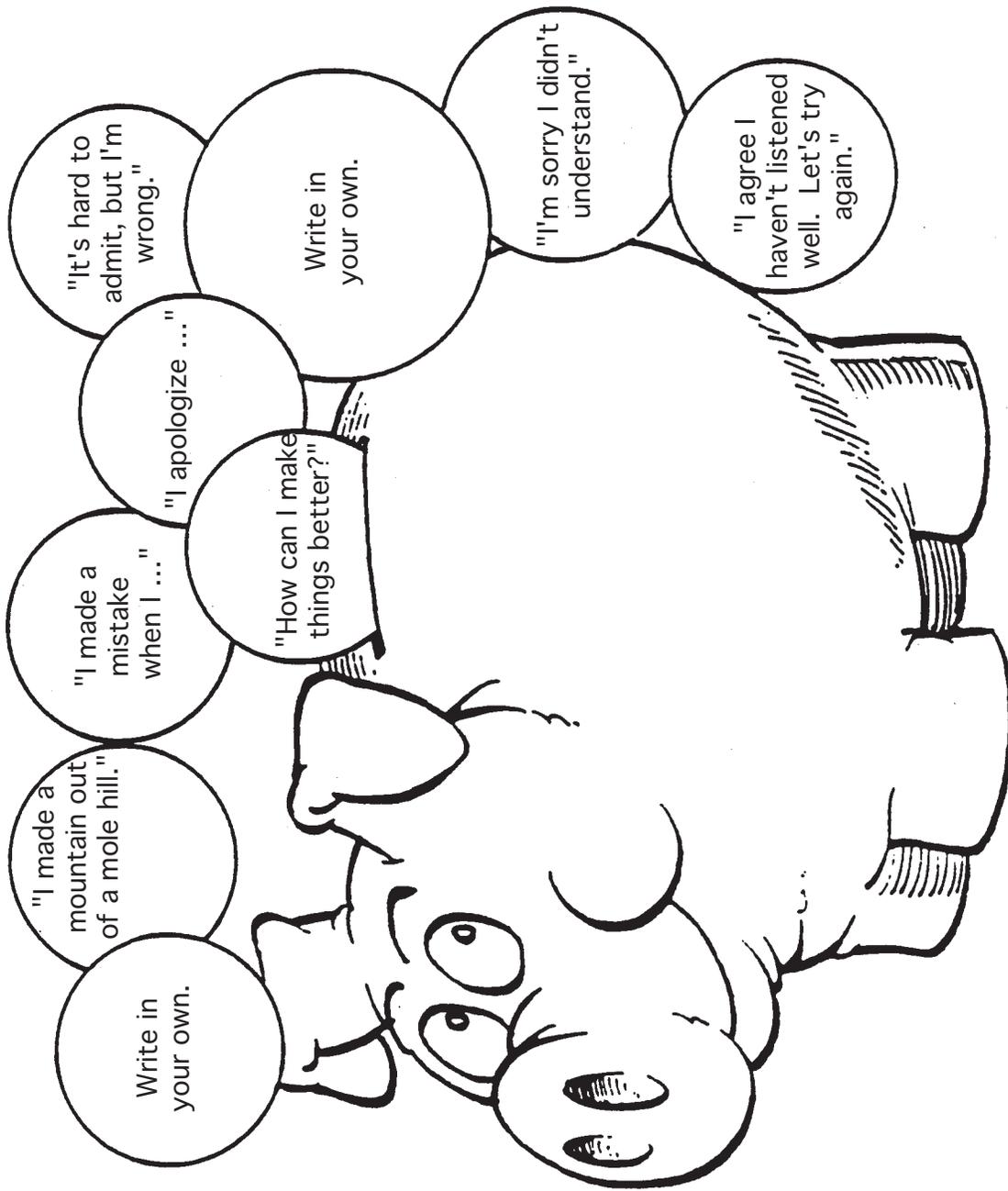
**Write in your own supportive statements**



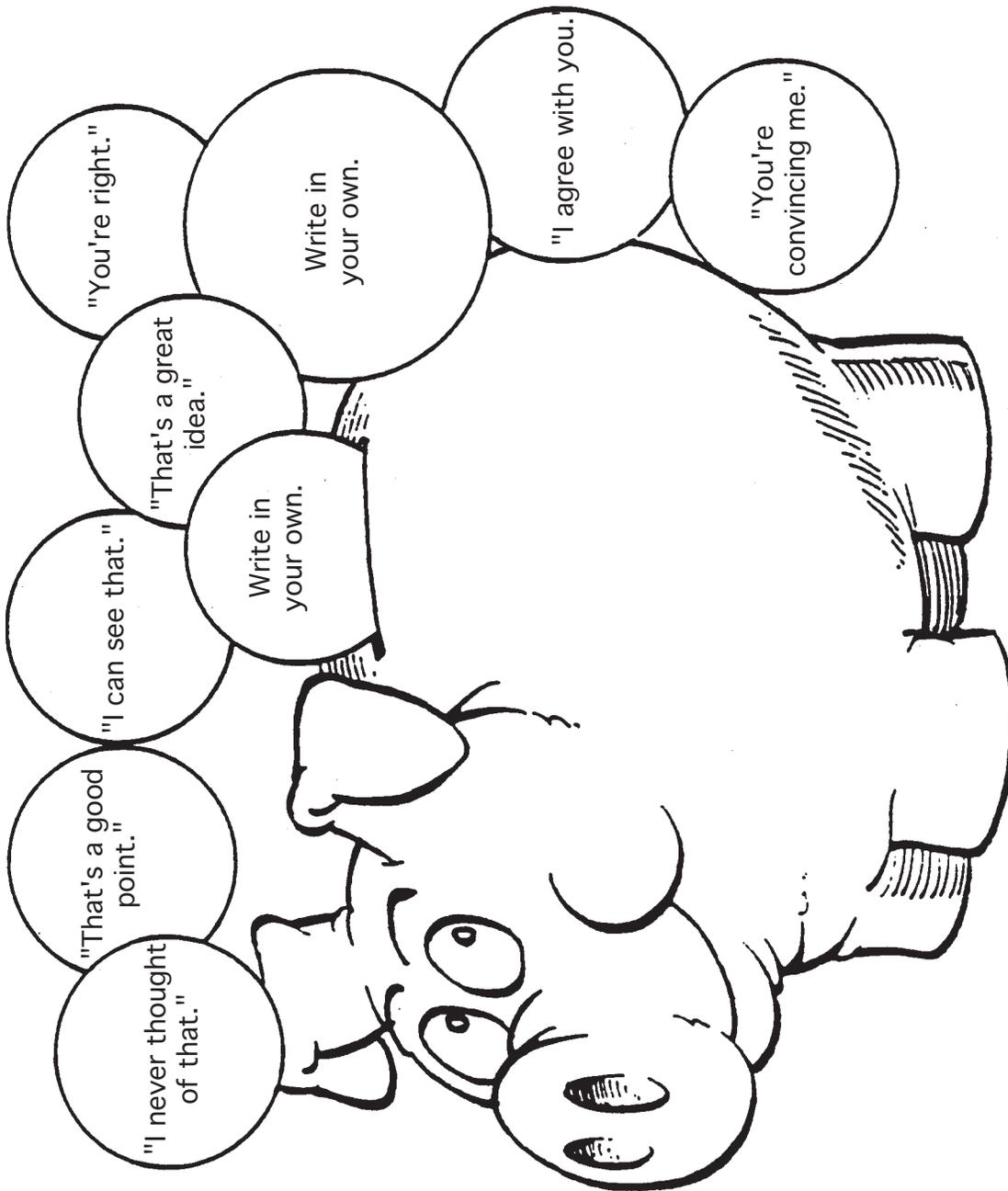
**Remember to Build Up Your Bank Account**



## Remember to Build Up Your Bank Account With Support and Encouragement



## Remember to Build Up Your Bank Account With Repair Statements



**Remember to Build Up Your Bank Account  
With Accepting and Respecting Statements**