

Keep, change, practice

Choose Which Family Patterns to Keep | Conflict & repair

"This is a familiar reaction. What do I want to keep, and what do I want to do differently?"

Use these prompts for your own preparation. Leave out identifying details you do not need.

How care was shown

A familiar behavior or phrase

How expectations were expressed

A stress response I recognize

A belief to keep or change

My replacement action

Prompts are starting points to adapt. This is not an assessment or a promise of a particular response.