

Family Communication Agreement for Action

We, the _____ family agree with _____ that we need to take action in order to get along better with each other. We agree to take the following actions:

Problem Solving:

- Learn to tell each other our problems clearly, without blaming each other.
- Learn to think of many different ideas to solve each problem.
- Learn to think of how these ideas will affect each other.
- Learn to negotiate agreements we can all live with.
- Learn to follow-up with and carry-out our agreements
- Learn to "stay cool" if our agreements don't always work-out the first time.

Communication:

- Learn to think before we speak.
- Learn to express anger & criticism fairly, without attacking the other person.
- Learn to listen to each other respectfully, even when we disagree.
- Learn to stick to the topic.
- Learn to stop calling names and making sarcastic comments.
- Learn to let the past go and not keep bringing it up.
- Learn to keep it short, not lecture.
- Learn to talk with each other instead of getting quiet or saying "I don't know".
- Other:

Thinking Positive & Realistic Expectations:

- Don't always expect the worst; evaluate the evidence carefully.
- Accept imperfections; don't expect each other to be perfect or act right all the time.
- Don't assume more freedom always means more problems; think carefully about the situation.
- Don't assume all rules are always unfair; think carefully about the reason for the rules.
- Other:

Participation:

- Parents agree to take the time to supervise and keep an eye on the teen.
- Teens agree to keep an eye on parental behaviors that might need to change.
- Come to counseling.
- Complete any assignments between sessions.
- Agree to work hard to make changes in the family.

X _____
X _____

X _____
X _____