

Self-Report on Improving Relationships

My concerns:

My typical response:

- talking, lecturing
- noticing, nagging
- becoming angry, losing my temper
- punishing, shaming
- threatening, warning

One thing I am going to work on is:

What I want to do more of this week is:

- listen
- be consistent
- celebrate small successes
- be curious, ask sincere questions
- encourage decision-making and self-reliance
- take time for fun
- withdraw from conflict

What is working for me:

I would like to change my behaviour by:
