

TIPS FOR TALKING

- Stop. Take three deep breaths.
 - Think about what you want to say.
 - Deal with one issue at a time – target the issue and not the person.
 - Be honest about what is bothering you and why you are upset.
 - Listen to the other person's thinking too. Share the time to talk and listen.
 - You will be asked questions, so be prepared with good answers.
 - Be aware of your own body language.
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- Admit when you are wrong about something.
 - Be willing to forgive your parent or other person.
 - Agree to discuss something and think about it. Decisions can be made later.
 - Be willing to compromise. Being part of a family means taking other people's needs into account as well as your own.
 - Be clear and agree on any actions or plans that you make together.