



Family Conflict Check-In

Before your next conversation, ask:

- ☐ **Are we discussing the same problem?** Both interpretations of the question. First, do we all agree on the problem? Second, are we continuing to discuss the same issue without getting a resolution?

Notes:

- ☐ **Have we asked what Mom or Dad wants?** Are they able to answer objectively and openly?

Notes:

- ☐ **Are we making assumptions about one another?** Be honest.

Notes:

- ☐ **Have we acknowledged everyone's limitations?** Have we acknowledged our *own* limitations?

Notes:

- ☐ **Are we trying to understand before responding?**

Notes:

- ☐ **Is preserving our relationship as important as solving today's problem?**

Notes:

- ☐ **Would a neutral third party help us move forward?**

Notes: