

# Family Communications Part 1

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By Sarah Hunter

# Take 1 minute to do mindful breathing

Pay attention to every breath as  
much as possible

Remember to do the following:

- Relax
- Turn on any calming music
- Breathe from your chest, belly, or nose



The core of who we are  
all is built on family- it's  
values, rule, expectations,  
and approaches to life.

A family can take many forms:

- Blood relatives
- Network of friends

When you were younger you received a lot of guidance and supervision from family. Now that you are in High School, you want more freedom and independence.

# Think about?

1. What are your needs for independence?
2. What are the expectations for a safe and drug-free lifestyle you and your family have?
3. What communication skills can help misunderstandings about each other's needs and expectations?

The More Things Change....



Think of ideas about how your family roles have stayed the same and changed over the years.



# Stayed the same

Examples:  
Youngest child  
Same bedroom

# Changed

Examples:  
More responsibilities  
Get good grades  
Moved

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In what ways are you different now physically, emotionally, mentally, and socially from how you were in elementary school? In middle school? How do these changes impact your roles in the family now?

# Effective Communication

- The respectful exchange of thoughts, feelings, and beliefs between a speaker and a listener in such a way that the listener interprets the message in the way the speaker intended to.

# Effective Communication Skills

## Non-Verbal

- Eye contact
- Facial expressions; smiling, nodding
- Body language/gestures
- Boundaries

## Verbal

### Speaker:

- Your words match your body language
- Tone of voice is clear and respectful

### Listener:

- Nod/Active Listening
- Don't interrupt



I look different when I listen

stare into  
to focus on  
I hear

or quietly  
ng keeps me  
nd focused

oddy may  
re comfortable



A blank expr  
means I'm t

Biting a rubbr  
is better  
biting!

If I'm disr  
others, please  
talk



Can You Hear Me Now?

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## Practicing Effective Communication:

1. You can't ride in a car with someone who has been drinking.  
Paraphrasing: If someone has been drinking, I won't ride with them
2. You have to call me at work when you get home from school.  
Paraphrasing: When I get home from school, call mom or dad to let them know if got home safe.

# Active Listening

**Paraphrasing:** saying it in your own words

**Restating:** saying it back using the other person's words

**Asking specific questions**

**Practicing Effective Communication:**

1. You can't ride in a car with someone who has been drinking.

**Paraphrasing:** If someone has been drinking, I won't ride with them

2. You have to call me at work when you get home from school.

**Restating:** When I get home from school, call mom or dad to let them know I got home safe.





# Conclusion

## Mindfulness in Conversation:

It is difficult enough to try and focus on our breath or on sound. When there are distractions, our attention easily gets taken away.

When we are mindful of talking we can still be aware of our body and we can still be aware of our mind.

Practice- notice what thoughts might be going on in your mind as you are talking.

See if you can notice the urge to talk, or maybe that you are not in the mood to talk. Notice if silence is awkward. Notice that you are seeing the person and hearing their voice. Notice if you can maintain your mindfulness, your awareness, your presence, or do you get so involved you just talk without remembering mindfulness.