

Family Communications Part 2

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Mrs. 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



Family

A unit of people that love and support each other through good times and bad

Family Interview



Tips for Interviewing

Interview an adult in your home;
it can be your mom, dad,
grandma, grandpa, aunt, uncle,
older sibling, etc

1. Find a time that is convenient for both of you
 2. Take notes during the interview
 3. You want to know more information ask follow up questions
 4. **HAVE FUN!**
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Questions to ask

1. What did you like to do when you were my age?
2. What did you want to be when you got older?
3. What rules/expectations did your family have?
4. What messages did you get from your parents about alcohol, tobacco, and other drugs when you were growing up?

5. What are your rules/expectations for me about the use of alcohol, tobacco, and other drugs.

6. What are the consequences if I don't follow the rules?

If you have any questions of your own you may ask.

I Was Surprised That...

Look back at the interview. What did you agree with or disagree with?

Understanding others' views involves comprehending what the other person means even if you don't agree with it.



Communicating for Understanding Skills



Five steps so that each person in the conversation understands what the other person is saying-

Validate: means showing you value the other person's opinion even if you don't agree

Empathize: means understanding and being sensitive to the other person's feelings, thoughts, and experience

Steps

Step 1: Initiate

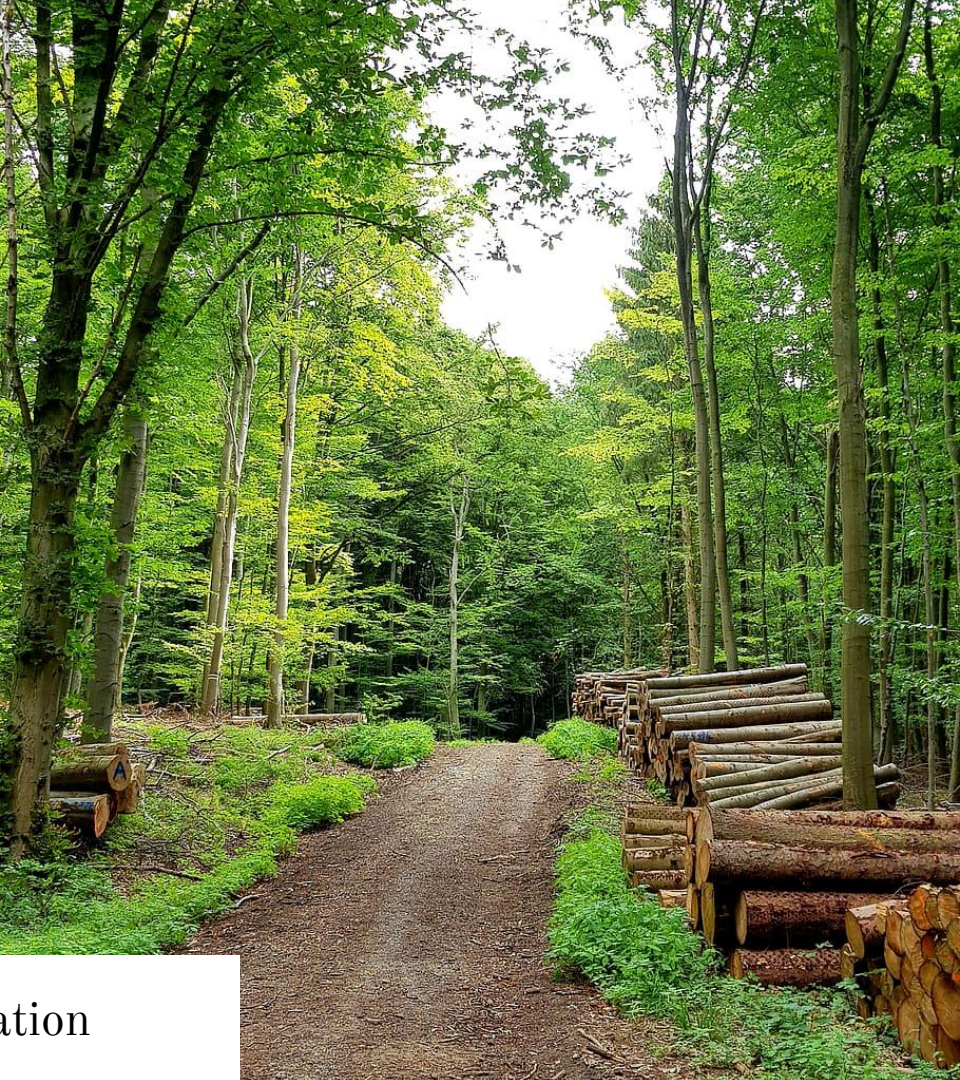
Step 2: Mirror

Step 3: Summarize

Step 4: Validate

Step 5: Empathize

- **Initiate:** ask for time to talk
- **Mirror:** check for understanding
- **Summarize:** summarize the key parts
- **Validate:** show understanding and valuing of the point of view even if you don't agree
- **Empathize:** express care and sensitivity to the speaker's feelings, thoughts or experience



Communication

Conclusion

8 Ways to Master Of Mindful Communication

1. Listen
2. Practice non-judgment
3. Show understanding
4. Put yourself in their shoes
5. Be totally there
6. First response shouldn't be personal
7. Let go of results
8. Don't harm

Buddhists believe that every harmful word that comes out of our mouths is a double-edged sword; it will hurt us as much as it will hurt others.