



Feelings Exercise For Parents

1. What feelings were okay to express in your family when you were growing up?

2. What feelings were taboo? Were there some feelings that were less comfortable than others?

3. Recall some of the things that were said to you when you were a child that denied your feelings. How did you feel when you heard these denials?

4. What feeling do you have difficulty accepting and expressing now?

5. What feelings do you have difficulty allowing your children to express?

Effective Listening

For each remark, give an example of reflective listening.

1. *I don't like vegetables, and I'm not going to eat them.*
2. *Our teacher is crabby.*
3. *I don't want to go to bed! It's too early.*
4. *I'm not going to wear my raincoat. Nobody in my class wears a stupid raincoat.*