

# What Works, What Doesn't

In my relationship with: \_\_\_\_\_

With your family member, friend, or loved one, fill out each side of this table with points from each person's perspective. For example, you may write that being pressured to do things doesn't work, but being asked if you want to do things does; your loved one may write that yelling and screaming doesn't work, but communicating calmly does.

You may want to keep this list in a visible place so that you can remind yourself (and each other) of what you've discovered. You may also want to do this exercise periodically as new challenges come up.

This exercise is *not* about putting down one another or assigning blame; it's about acknowledging what happens in your relationships and looking at how to make them better. You can also do this exercise on your own to reflect on how you are relating to others in your life.

Works	Doesn't Work