

Family Feedback Worksheet

from _____ to _____ on _____

ONE (1) positive behavior I hope my parent/child continues doing.



Thinking it through...

What about this behavior is so great for you?

How does it make you feel?

How will your life be good because your parent/child continues acting this way?

ONE (1) thing my parent/child does that I want to talk about changing.



Thinking it through...

When does this behavior happen?

How does it make you feel?

What bothers you about it?

What would you like to happen instead?

How will that make your life better?

How will that change your parent's/child's life and your family? (Make it better or....)