

Observe Body Language!

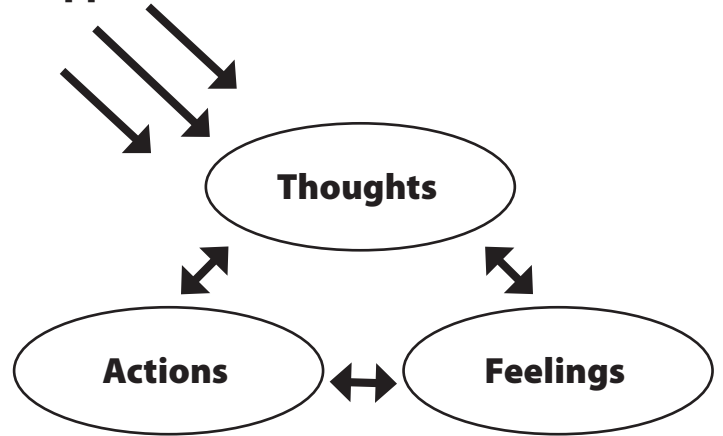
FAMILY MEMBERS READ THIS Your adolescent is exploring the connections between thoughts, emotions, and actions. Have your child explain that connection using the diagram below.



The next time something happens that causes you and your child to react negatively e.g. one of you does or says something you don't like and you snap at each other or get into an argument, use the chart below to record your thoughts and feelings and actions. Then think about and record alternative thoughts that may have led to a less negative emotion and action. Both participants should record their thoughts, and feelings separately.

Then discuss with each other how you each could have thought about something differently so that your response to the situation was more positive or at least neutral.

Something Happens



SOMETHING HAPPENS	→	THOUGHTS	→	FEELINGS	→	ACTIONS