

# I Didn't Mean it Like That!

Think of a misunderstanding that has occurred between a family member and child that occurred because the parent or sibling said something that was taken the wrong way. Some examples:

- Are you going to wear that jacket?
- Do you do anything besides play video games?
- Are you still on social media?
- Did you wash the dishes?

**After unpacking the situation with your family member, answer the following questions:**

1. What questions did you ask to find out about the speaker's intentions?
2. What did the speaker intend to say?
3. What did you learn from your family member by listening with an open mind?
4. If this were a real misunderstanding, how would you apologize?

**FAMILY MEMBERS READ THIS** Your teen is learning that we often have trouble communicating with others because what we say isn't what they hear. This is referred to as intent vs. impact. Needless to say this happens quite often even in the most agreeable of households. Help your adolescent practice unpacking misunderstandings by discussing a statement that could be interpreted in more than one way.



## **Intent vs. Impact: "Unpacking" a Misunderstanding**

- ask questions.
- allow the sender to explain his/her intent.
- listen with an open mind.
- admit your own mistakes
- apologize if you are wrong.