Everybody Loves Resolution

**WHAT, WHEN, WHY, AND HOW MESSAGES**

**REMEMBER TO**

- name the feeling. I feel __________
- explain what behavior is bothering you. When you __________
- describe why you are feeling this way. Because I __________
- (if appropriate) state how a new behavior will help. I wish __________. I want __________. It will help if __________. Please __________.

After creating What, When, Why, and How Messages with your family member, answer the following questions:

What was your situation? Write the What, When, Why, and How Messages that you and your family member created.

In what situations could your family member use What, When, Why, and How Messages? Explain why.

How did you feel when you were creating your WWWH message?


**LET’S DO THIS!**

Explain What, When, Why, and How Messages to a family member. Then together create What, When, Why, and How Messages in response to a situation, such as a sibling disagreement over whose turn it is to take out the trash.