

Mind the Gap

Many of the problems that exist in families are a result of disengagement from one another. We disengage to protect ourselves from vulnerability but also shame and a lack of purpose (Brown, 2015).

The **mind the gap worksheet** looks at what we aspire to be (or aspire our children to be) versus what we do.

Fill out the form below to put together a picture of where a gap may need to be addressed:

Aspiration	Practiced Values	Make changes to align my values
I want my children to be respectable and accountable.	When I hear of a wrong-doing I shrug my shoulders and do nothing about it.	I will start to live more closely to the moral code that I expect my children to adopt. Where something is wrong, I will take some appropriate action.
I want my children to reduce their use of mobile devices and connect with other people.	As a family, we spend too much of our time in the evening on phones, tablets, and laptops.	We will set limits on screen time and stick to them.

While we can't be perfect all the time, *mind the gap* and aligning our values will improve engagement.

References

- Brown, B. (2015). *Daring greatly: How the courage to be vulnerable transforms the way we live, love, parent, and lead*. New York, NY: Avery.

Dr. Jeremy Sutton