

Consider Your Intentions

Words have the power to share love and anger. And without clear and conscious intention, it is possible to communicate unhelpful and even harmful messages (Hart, 2006).

Use the worksheet to identify and understand your intentions and help you respect and care for other family members' needs.

Perform an early check on your intentions before you engage with the other family member, especially if it has the potential to turn into conflict.

Ask yourself:

- i) Do I want to connect to the person?
- ii) Do I just want to get my own way?

If ii) is correct, then you aren't ready to form a connection with that person.

If i) is correct, then continue, by writing down your intentions, as follows:

What do you want to create in your relationship with the person? (perhaps you want to foster love, show concern, share helpful advice)

What would a successful interaction look like? (perhaps, they would hear your concerns and recognize the love you show them)

Using the answers from the two boxes, consider how you can show positive intentions and steer clear of harmful intentions (such as proving yourself right).

References

- Hart, S. (2006). *Respectful parents, respectful kids: 7 keys to turn family conflict into co-operation*. Encinitas, CA: PuddleDancer Press.

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