## Family Communications Part 1

By Sarah Hunter

# Take 1 minute to do mindful breathing

Pay attention to every breath as much as possible

#### Remember to do the following:

- Relax
- Turn on any calming music
- Breath from your chest, belly, or nose

The core of who we are all is built on family- it's values, rule, expectations, and approaches to life.

## A family can take many forms:

- Blood relatives
- Network of friends

When you were younger you received a lot of guidance and supervision from family. Now that you are in High School, you want more freedom and independence.

#### Think about?

- 1. What are your needs for independence?
- 2. What are the expectations for a safe and drug-free lifestyle you and your family have?
- 3. What communication skills can help misunderstandings about each other's needs and expectations?

## The More Things Change....

Think of ideas about how your family roles have stayed the same and changed over the years.

## Stayed the same

Examples: Youngest child Same bedroom

### Changed

Examples:
More responsibilities
Get good grades
Moved

In what ways are you different now physically, emotionally, mentally, and socially from how you were in elementary school? In middle school? How do these changes impact your roles in the family now?

## Effective Communication

• The respectful exchange of thoughts, feelings, and beliefs between a speaker and a listener in such a way that the listener interprets the message in the way the speaker intended to.

#### Effective Communication Skills

#### Non-Verbal

- Eye contact
- Facial expressions; smiling, nodding
- Body language/gestures
- Boundaries

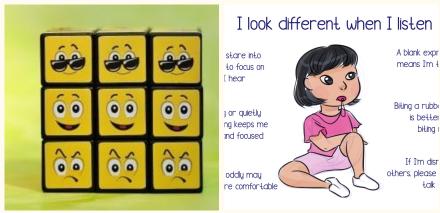
#### Verbal

#### Speaker:

- Your words match your body lanaguage
- Tone of voice is clear and respectful

#### Listener:

- Nod/Active Listening
- Don't interrupt





## Can You Hear Me Now?

#### Practicing Effective Communication:

- 1. You can't ride in a car with someone who has been drinking. Parapharsing: If someone has been drinking, I won't ride with them
- 2. You have to call me at work when you get home from school. Parapharsing: When I get home from school, call mom or dad to let them know if got home safe.

#### Active Listening

Paraphrasing: saying it in your own words

**Restating:** saying it back using the other person's words

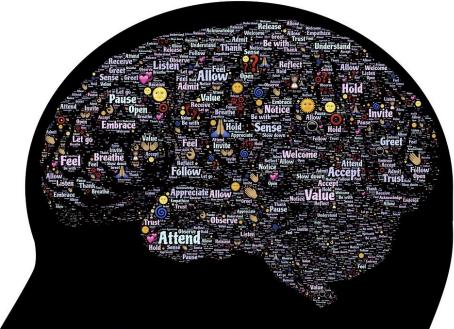
Asking specific questions

#### **Practicing Effective Communication:**

- You can't ride in a car with someone who has been drinking.
   Parapharsing: If someone has been drinking, I won't ride with them
- 2. You have to call me at work when you get home from school.

  Restating: When I get home from school, call mom or dad to let them know I got home safe.





Retrain Your Brain

#### Conclusion

Mindfulness in Conversation:

It is difficult enough to try and focus on our breath or on sound. When there are distractions, our attention easily gets taken away.

When we are mindful of talking we can still be aware of our body and we can still be aware of our mind.

Practice- notice what thoughts might be going on in your mind as you are talking.

See if you can notice the urge to talk, or maybe that you are not in the mood to talk. Notice if silence is awkward. Notice that you are seeing the person and hearing their voice. Notice if you can maintain your mindfulness, your awareness, your presence, or do you get so involved you just talk without remembering mindfulness.