

Take Home Lessons from Today 11-28-23. "Call it a clan, call it a network, call it a family: Whatever you call it, whoever you are, you need one". Jane Howard

## What makes me happy?

Watch

Interpret

Select

Engage

Reflect

## What have I not noticed before?

As time passes and everyone's life stage shifts, relationships must change. How a family adapts to that inevitable change is one of the key determinants of the quality of family relationships.

### CORRECTIVE EXPERIENCES (AND STARTING NOW)

1. We can tune in to difficult feelings rather than try to ignore them.
2. We can notice we are having experiences that are more positive than expected.
3. We can "catch" other people when they are behaving well. The more ready we are to be surprised by people, the more likely we are to notice when they do something that doesn't match our expectation.

One thing we can be certain of – nobody we encounter in life can ever be fully known. There is always more to discover.

4. We can ask ourselves what is there about this person I haven't noticed before?
5. We can ask what would happen if I just let this person be themselves without passing judgement? How would this moment be different?

Family relationships are often defined by regular contact.

6. We can establish new rituals and maintain old ones to help our family stay connected.

Think about your last in-person encounter with your family. I am assuming this is Thanksgiving for most of you.

**Were you able to use anything we learned in this class to make your Thanksgiving holiday happier than it would have been? What did you do and why do you think it worked?**

**Compared to the other people you were with, has your life stage changed? How?**

**Should you adjust your role in the family with anyone? Who are you thinking of and how has your role changed?**

**Think of all the people you were with, has any of their life stages changed? Who was it and how has their life stage changed?**

**Did you notice something about your home environment that you never noticed before?  
What was it?**

**Did you notice something about a member of your family that you had never noticed before? Who was it and what did you notice?**

**Where there any difficult moments during your time with your family? What happened and how could you have made it less difficult?**

**What new rituals are you going to help your family to start?**

**“Good relationships keep us happier and healthier”**