

## Perspective Shifting

### The New Spouse

*Take a moment and write down what your reaction would be if your spouse brought home a new partner and did the following:*

1. I've decided I like you soo much I want to get another spouse!

Your reaction: \_\_\_\_\_

2. Someone says "Aren't they adorable? How do you like your new partner??"

Your reaction: \_\_\_\_\_

3. The new spouse needs new clothes so they get some of yours.

Your reaction: \_\_\_\_\_

Common Reactions: That's silly; no, I don't; you're not using them anymore; you're being selfish.

What would you want to hear instead?

---

---

---

---

## Empathetic Listening

*Feeling + Best Guess at Facts and Repeat*

1. **Example: "He always copies everything I say! He's trying to make me mad"**

Feelings: annoyed, irritated

Best Guess of Facts: He's repeating everything you say

Listening Response: "It's really annoying you that he's repeating everything you say and you think he's doing it on purpose."

2. **Your child says he wants you to throw the baby in the trash.**

Feelings: \_\_\_\_\_

Best Guess of Thoughts: \_\_\_\_\_

Listening Response: \_\_\_\_\_

3. **Your child says you love his sibling more than them.**

Feelings: \_\_\_\_\_

Best Guess of Thoughts: \_\_\_\_\_

Listening Response: \_\_\_\_\_

4. **Your children are arguing about who gets to pick the music in the car ride home.**

Feelings: \_\_\_\_\_

Best Guess of Thoughts: \_\_\_\_\_

Listening Response: \_\_\_\_\_

## Stepping into Conflict

You buy a spinning swing for your children to share. A few days later, your children fight over whose turn it is to use it and come to you. One in tears the other furious. They want YOU to settle the argument

Acknowledge each child's feelings and the facts:

---

---

---

Sum up the difficulty of the problem:

---

---

---

Express your confidence in their ability to work it out.

---

---

---

You are making dinner in the kitchen, you hear your children teasing each other. Suddenly, the younger one, in a rage, grabs a fork and makes a threatening gesture toward the older one. Older one tries to grab the fork away from them.

Describe what you see:

---

---

---

State your concern:

---

---

---

Let them know how important it is to separate and have a cooling off period:

---

---

---