

# My Plan for Improving Relationships

(An opportunity to assess progress each week)

My specific concern: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My usual response: \_\_\_\_\_ talking, lecturing  
\_\_\_\_\_ noticing, nagging  
\_\_\_\_\_ becoming angry  
\_\_\_\_\_ punishing, removing privileges, shaming  
\_\_\_\_\_ threatening, warning  
\_\_\_\_\_ other \_\_\_\_\_

My progress this week:	I am doing doing this more	I am doing doing this less	I am staying about the same
Listening	_____	_____	_____
Acting firmly and kindly	_____	_____	_____
Becoming consistent	_____	_____	_____
Encouraging	_____	_____	_____
Practicing mutual respect	_____	_____	_____
Communicating love	_____	_____	_____
Withdrawing from conflict	_____	_____	_____
Using consequences	_____	_____	_____
Stimulating self-reliance	_____	_____	_____
Stimulating responsible decision making	_____	_____	_____
Taking time for fun	_____	_____	_____

I learned: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I plan to change my behavior by: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_