



Directions:

- Review the Family Interview worksheet from our last session.
- Which rules/expectations about substance use would you like to discuss further? Reminder: you marked these with a P or D.
- Introduce the Communicating for Understanding Skills to your family. These skills include: initiate, mirror, summarize, validate, empathize.
- Refer to the Communicating for Understanding Skills handout for more information.
- Don't forget to show empathy and to validate your caregiver's feelings—even if you don't agree.

After the conversation, write a reflection paragraph about your conversation. Use the questions below to shape your paragraph.



Reflection

- What was your caregiver's reaction to you introducing these skills?
- How has your understanding about the rule changed?
- Do you still disagree about the rule?
- Whether you now agree with the rule or not, what would you like to have happen next (another topic you'd like to talk about, a way the rule could be changed, etc.)?
- Follow your teacher's instructions about submitting your Reflection.