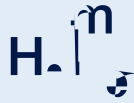


## Hab 4: Ta



### 1. R\_ a \_Ba

Resources: Make a list of common deposits and withdrawals you hear in a home. Make the last item a big withdrawal. You will need one balloon for each family member.

State: "We make deposits and withdrawals every day in each of our relationships. This is a relationship balloon. I am going to read a list of interactions that are common to families. When you hear something that you think is a deposit, blow air in your balloon. When you hear something that is a withdrawal, let air out of the balloon." Read your list of deposits and withdrawals one at a time. On the last item, the big withdrawal, let go of your balloon, allowing it to fly around the room. Ask: "How would you feel if this really was a day in your life? Why? What did you learn or discover in this activity?"

### 2. D\_ a W \_awa

Show the deposits and withdrawals examples on page 40 to your family. Review each item and discuss why it would be a deposit or withdrawal. Emphasize that relationships need consistent and sincere deposits. Withdrawals create low trust relationships. Ask each family member what a deposit and a withdrawal is for them. Listen and validate. Remember, it comes from their point of view.

### 3. F \_Wa T - R\_ a \_

Describe and explain the four ways of thinking in relationships: Win-Lose, Lose-Win, Lose-Lose, and Win-Win. Break into four groups. Assign a way of thinking to each group. Give groups a few minutes to prepare a skit or role-play a family scenario that shows their assigned way of thinking. If needed, give a specific scenario for all groups to plan their skit around, such as people watching TV together and one person has the remote.

### 4. Ab\_ a \_ S \_

Enjoy an afternoon in the sun with your family. Go to a park, the beach, or a place where there is plenty of sun. Talk with family members about how wonderful the sun is and how there is enough for everyone. Point out that it doesn't take anything away from the sun whether one or one million people are enjoying it. There is an abundance of sunshine, there is enough for everyone. Like sunshine—or love—think with an abundance paradigm. Think there is plenty for everyone.

## 5. A Win-Win Agreement

Think of a situation where you and a family member (or members) are not getting the results you want to be getting. Describe the situation, then draw a T-Chart (like the one found on page 43) on a piece of paper. Let each person involved in the situation share what a win would be for them by asking, "What would be a win for you in this situation?" Remember that the most lasting wins are often intrinsic.

Create a Win-Win Agreement based on what each side of the situation has agreed would be a win in the situation. Remember to celebrate wins along the way!

### MY REFLECTIONS

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### ONE THING I WILL DO

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