



for
Women

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| 6. Keeping emotion out and my voice down | Before I react, I will (e.g., count to three, walk away for five minutes, ask advice): |
| 7. Givens and choices | These things are “given” in our family (e.g., bed time, eating dinner together) These things can be choices (e.g., books to read, type of dessert) |
| 8. Reasonable expectations | It would be unreasonable to expect my children to: |
| 9. Keep adult matters among adults | I will not talk with my children about these things (e.g., finances): |
| 10. Spending time together | These are some activities we can do together: |