

## Our Rules for Change

Family name: \_\_\_\_\_

Identifying our ongoing conflict at home.

(Did you know that 80% of the time we argue over the same thing.)

Breaking the habit:

Parent: What I undertake to do differently:

\_\_\_\_\_

Child: What I undertake to do differently:

\_\_\_\_\_

Signed by:

Parent: \_\_\_\_\_ Child: \_\_\_\_\_



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