

# WORKSHEET FOR SONS OR DAUGHTERS, NO. 1

1. How would you describe your relationship with each of your parents?  
Describe your relationship as excellent (5), very good (4), good (3), fair (2), poor (1), terrible (0).
2. On a separate sheet of paper, write down:
  - a. Your reasons for rating your relationship as you did;
  - b. What has helped or hindered your relationship;
  - c. What could be done by you to improve your relationship.
3. Put yourself in the place of your parents and imagine what you would want from a child if you were they. What would you want a child to be? to do for you? How would you want your child to respond to you, or to listen to you to talk to you, to cooperate with you, to communicate and share with you? Make a list and then ask yourself if their expectations are reasonable or unreasonable. Are there ways in which you should change to become a better child? If so, how?
4. Write down the word "father" and then list everything that is good and worthy of respect about him. Think of character traits, attitudes, actions, relationships, activities. Think of every aspect of his life: physical, spiritual, mental, marital, familial, social, verbal, communal, financial, recreational, personal, etc. Continue to add to this list. Make it a practice to look regularly for the good things in your father's life. Communicate your appreciation to him regularly, specifically, and enthusiastically. Do the same thing for your mother.
5. Make a list of at least 10 fun things that each parent enjoys that you can enjoy with him/her. Ask them to do these things with you, and let them know you really want to be with them. Plan to spend time with your parents regularly.
6. How would you describe the communication level of your family? Use the scale listed under question 1.
7. What are the hindrances to your communication with your parents? List them.

8. Is there a parent with whom you have a greater difficulty? What can you do to break through the communication barrier with this person? Put the list into practice immediately and continuously.
9. List at least 15 ways that you do or can show love to your parents? Think especially in terms of your parents' desires, likes, and dislikes. Put the list into practice immediately and continuously.
10. Using the following list as headings, list three items under each heading in order of priority as you think your mother and father would respond: chief joys, disappointments, goals or aspirations, likes, dislikes, interests, concerns, problems.