# Family Emotional Awareness

A shared exercise for listening, understanding, and responding before problem solving

Purpose: This worksheet gives family members a simple structure for identifying emotions, reflecting what they heard, and deciding together what kind of response would be useful.

## 1. Notice Before You Fix

This exercise is designed to help family members slow down and understand what is happening emotionally before moving into advice, correction, or problem solving.

## 2. Speaker: What Is Happening for Me?

What happened from my point of view?

What emotion(s) do I notice?

Where do I notice the emotion in my body?

What do I most want the other person to understand?

Do I want listening, comfort, help solving, space, clarification, or something else?

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### 3. Listener: Understand Before Responding

What did I hear the other person say happened?

What emotion do I think they are describing?

What seems important to them underneath the emotion?

What do I want to check that I understood correctly?

### 4. Reflect Back

Try: "What I hear you saying is _____. It sounds like you felt _____ because _____. Did I get that right?"

Write or practice your reflection:

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### 5. Then Decide What Comes Next

[ ] Keep listening [ ] Offer comfort [ ] Clarify a misunderstanding [ ] Problem solve together [ ] Take a break and return

What would be most helpful next?

### 6. Shared Reflection

What helped this conversation feel more understandable or less reactive?

What should we try again next time?