

Conversational Formula

I feel ___ (a word from the feelings list)
about ___ (an event or behavior)
because ___ (a principle, value or rule).

Feelings List (over)



Handy Guide



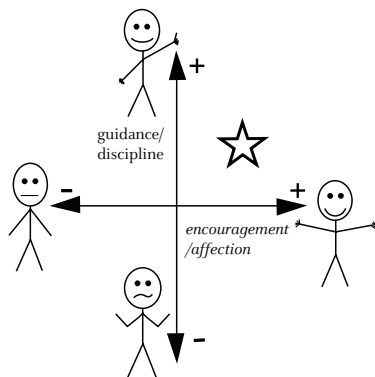
Tools of the Trade

The mission of Parents Forum is to foster caring, honest and respectful communications in families.

11/2012

Algebra Lesson

part one: parents' behaviors or parenting styles



Parents Forum – Agenda

Getting Acquainted

1. What do you like about your family ?
2. What concerns or troubles you about your family ?
3. How do you express concern to a family member ?
How do you ask for and give advice and/or help in your family and community ?

Getting Organized

4. What are your household values ?
5. What are your household rules ?

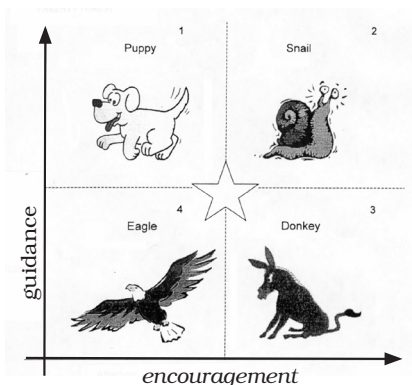
Getting Serious

6. What happens when someone joins your family ?
7. What happens when someone leaves your family ?

Stating Changes

8. What changes have you experienced recently ?
What changes do you expect in the future ?

part two: children's behaviors or stages of learning / stages of life



I feel... about... because...

a

abandoned
accepted
adamant
affectionate
afraid
agonized
alarmed
alienated
ambivalent
angry

...d

depressed
deprived
desperate
destructive
determined
devoted
different
diminished
disappointed
discontented

...g

grateful
gratified
greedy
guilty
gullible

h

happy
hateful
helpful

l

lazy
left out
lonely
lovable
loving
loyal

m

manipulated
miserable

s

sad
satisfied
scared
separate
settled
sexy
shocked
shy
silly
sluggish

annoyed
anxious
apathetic
appreciated
astounded
attractive
awed
awkward

disgusted
disrespected
distracted
distraught
disturbed
divided
dominated
doubtful

helpless
homesick
honored
hopeful
hopeless
horrible
hostile
hurt
hysterical

mis-understood

n

needy
nervous

o

odd
opposed
optimistic
outraged
overlooked
overwhelmed

sorry for
myself
special
strained
stunned
stupid
sure

b

bad
beaten
beautiful
betrayed

e

eager
ecstatic
elated
electrified

i

ignored
immobilized
impatient

t

tempted
tense
threatened
thwarted
tired

bewildered
bitter
blissful
bold
bored
brave
burdened

embarrassed
empty
enchanted
energetic
envious
evasive
evil
exasperated
excited
exhausted
exhilarated

imposed upon
impressed
inadequate
incompetent
inconsistent
in control
indecisive
independent
infatuated
inferior
infuriated
inhibited
insecure
insincere
inspired

p

panicked
paranoid
peaceful
persecuted
petrified
pleasant
pleased
possessive
preoccupied
pressured

torn
touchy
trapped
troubled

c

cared for
comfortable
concerned
confident
confused
connected

f

fearful
flustered

q

quarrelsome
quiet

u

unappreciated
uncertain
uneasy
unsettled
uptight
used

cowardly
creative
curious

foolish
frantic
free
friendless
frightened
frustrated

intimidated
involved
isolated

r

refreshed
regretful
rejected
relaxed
relieved
remorseful

vivacious
vulnerable

d

deceitful
defeated
dejected
delighted
dependent

g

glad
good

j

jealous
joyous

w

wishywashy
wonderful
worried