

Conversational Formula

I feel ___ (a word from the feelings list)

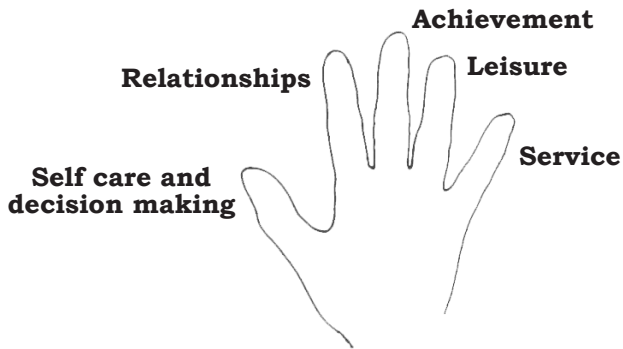
about ___ (an event or behavior)

because ___ (a principle, value or rule).

Feelings List (over)



Handy Guide

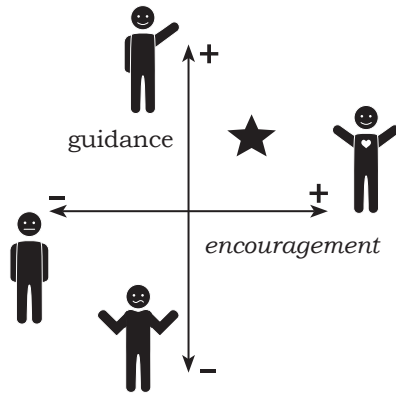


Tools of the Trade

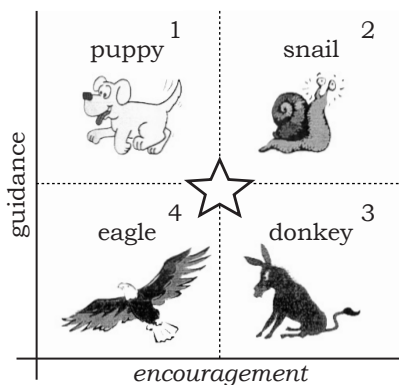
Our mission is to foster caring, honest and respectful communications throughout society, starting in families.

3/2020

Algebra Lesson part one: parents' behaviors or parenting styles



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



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?

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

A abandoned accepted adamant affectionate afraid agonized alarmed	... D dejected delighted dependent depressed deprived desperate destructive	... F friendless frightened frustrated G glad good grateful	... I involved isolated J jealous joyous L	... P persecuted petrified pleasant pleased possessive preoccupied pressured	... S stupid sure T tempted tense threatened thwarted
alienated ambivalent angry annoyed anxious apathetic appreciated astounded attractive awed awkward B bad	determined devoted different diminished disappointed discontented disgusted disrespected distracted distracted disturbed divided dominated	gratified greedy guilty gullible H happy hateful helpful helpless homesick honored hopeful hopeless	lazy left out lonely lovable loving loyal M manipulated miserable misunderstood N needy	Q quarrelsome quiet R refreshed regretful rejected relaxed relieved remorseful S sad	tired torn touchy trapped troubled U unappreciated uncertain undecided uneasy unsettled uptight used
beaten beautiful betrayed bewildered bitter blissful bold bored brave burdened C cared for comfortable	doubtful E eager ecstatic elated electrified embarrassed empty enchanted energetic envious evasive evil	horrible hostile hurt hysterical I ignored immobilized impatient imposed upon impressed inadequate incompetent inconsistent	nervous O odd opposed optimistic outraged overlooked overwhelmed P panicked paranoid peaceful	satisfied scared separate settled sexy shocked shy silly sluggish special strained stunned	V violent vivacious vulnerable W wonderful worried
concerned confident confused connected cowardly creative curious D deceitful defeated	exasperated excited exhausted exhilarated F fearful flustered foolish frantic free	in control indecisive independent infatuated inferior infuriated inhibited insecure insincere inspired intimidated			

Read the Parents Forum story in ***Where the Heart Listens: a handbook for parents and their allies in a global society.***

The third print edition is available on Amazon —or order it at your local independent bookseller— and find it in ebook and audiobook on eBookIt.com.

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