

Three Relationship Skills



Flexible Thinking

- Everyone has strengths and weaknesses
- There are 2 or more solutions to most problems
- Make a proposal



Managed Emotions

- Give yourself encouraging statements
- Protect others from your most intense emotions
- Remember, other people's attacks are not about you



Moderate Behaviors

- Use BIFF Responses: Brief, Informative, Friendly, Firm
- Encourage a positive relationship with the other parent
- Stop and think before you act

Two Communication Tools

Proposals

Facilitates shared problem solving and joint decision-making...both pre and post-dissolution or divorce.

B.I.F.F.

Recommended response to hostile emails and text messages.

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