

FAMILY CONFLICT QUESTIONS

While family members are spending extra time at home, there is sure to be more conflict than usual. This is normal and to be expected! But some conflicts can be really harmful. Here are some questions you can ask your children to 1) help them develop empathy, 2) restore family relationships, and 3) hopefully prevent future negative incidents.

What were you feeling when it happened? How do you feel now?

What were you wanting and needing when you made that choice?

How did doing that hurt your brother/sister?

What will you do differently next time?

What was your brain saying? What were you thinking?

What do you need to feel better and move on from this?

What can you do to fix this and make it better?

