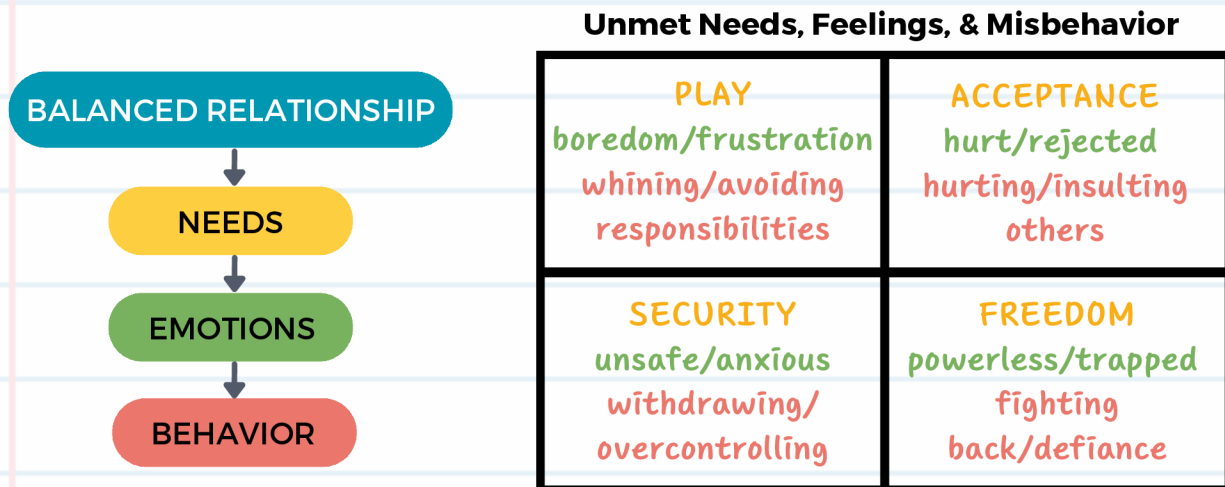


# 3

## Providing 6 Key Relationship Needs

With these 6 essential relationship needs, your family will feel better and act better.

### 1. WHY? Needs drive all behavior and impact our success.



### 2. HOW? With a balance of BELONGING and BOUNDARIES

#### BELONGING (The Foundation)

CONNECT- Get to Know Them, Communicate Wholeheartedly, Create Togetherness

RESPECT- Validate Them, Build Trust, Resolve Conflict Calmly

ENCOURAGE- Believe in Them, Support Their Goals, Be Patient

#### BOUNDARIES (The Structure)

ESTABLISH- Determine, Communicate, Train & Retrain

ENFORCE- Be Concise, Use Consequences, Hold Personal Boundaries

RECIPROCATE- Give Voice & Choice, Share Tasks, Promote Independence

### 3. HOMEWORK!

Now that you know a bit more about all 6 relationship needs...

1. Which BELONGING need(s) do you provide easily? Which do you struggle with?
2. Which BOUNDARY need(s) do you provide easily? Which do you struggle with?