

# “What's Going Well”

## Family Meeting

### What is it?

The intention of this meeting is to dedicate time to articulating the strengths and skills you each have that can help moments of your life go well. Family members are encouraged to see themselves as capable, rather than feeling helpless, even when there are challenging situations occurring. We encourage families to commit to conducting the “What's Going Well” meeting weekly or increase frequency to twice a week during difficult times. Keep the meeting brief and thoughtful.

### How to use it?

- 1) Each person talks about a skill, strength or trait that they have seen in themselves over the past week that is helping things go well. *\*below is a list of words that can help*
  - a) Example: I used patience and perspective this week when frustrated with so and so, which helped keep the situation from escalating
- 2) Each person talks about something that is coming up or that could come up over the next few days that could benefit from the skills stated in #1.
  - a) I have to do chores this weekend before going out and, if I practice perspective, it will keep me from getting too frustrated and still able to enjoy things.

#### **OPTIONAL:**

- 3) Each person shares 1 thing that they have seen in 1 other person in the family that has helped things go well.
  - a) Ex: I saw mom manage her anxiety carefully and it helped things feel calmer at home.

## Tips:

- ❖ Remember this process might be a bit bumpy, at first.
- ❖ Have reasonable and age-appropriate expectations of what your children share, and encourage them to come up with something new each week.
- ❖ Additionally, there is no room in this meeting for criticism. If someone in the family disagrees with the accuracy of what someone is saying, this is not the time to challenge that.
- ❖ And, just because you articulate a skill that you could use in the next few days, does not mean that you, or anyone in the family, will master the use of the skill. Be gentle with reminders.
- ❖ We want to make sure that everyone shows up to this conversation, rather than avoiding it, feeling like it is a set up to get criticized throughout the week.

## List of strengths and skills

AMBITIOUS	LEADERSHIP	HUMOROUS	CREATIVE
COMPASSIONATE	INTEGRITY	AUTHENTIC	CONFIDENT
FOLLOWS DIRECTIONS WELL	COMPUTER SKILLS	INTERPERSONAL SKILLS	ABLE TO DELEGATE
INSPIRATIONAL	ANALYTICAL	ACCOUNTABLE	DETAIL ORIENTED
TRUSTWORTHY	CARING	RESPECTFUL	GRATEFUL
SELF CONTROLLED	PROBLEM SOLVING	TIME MANAGEMENT	EXCELLENT PRESENTER
RESPONSIBLE	HONEST	NON-REACTIVE	FLEXIBLE
THOUGHTFUL	LOGICAL	ACCEPTING	LEADER
NEGOTIATION SKILLS	EFFECTIVE LISTENER	PHYSICALLY ACTIVE	WRITING SKILLS
VULNERABLE	TEAM PLAYER	CONSISTENT	KIND
MOTIVATIONAL	DEDICATED	ORGANIZED	VERSATILE
GREAT COMMUNICATION	WELL ORGANIZED	GREAT PLANNER	LOVING
MOTIVATED	HEALTHY	ENTHUSIASTIC	PERSISTENT
OPEN MINDED	BI-LINGUAL	PERSEVERANCE	FLEXIBLE
OPTIMISTIC	LOVING	GOOD LISTENER	

