*SELF-REFLECTION EXERCISE*

*Topics: conflict management, debates, factual knowledge of how to name and manage my emotions.*

***The greatest enemy of the family is not conflict, but indifference*. / P. Pellegrino**

Conflicts and misunderstanding happens in every family and knowledge how to resolve them in righteous way for every family member, is very important. One of the method of handling family conflicts is a **FAMILY DEBATE**. This method is based on mutual respect and love and helps to identify needs and emotions of every family member and accept them.

The method of FAMILY DEBATE has 6 steps:

1. Identify the conflict/problem and choose right time to organize a family meeting.

2. Active listening of the problem of your child/family member to show respect to this person feelings and emotions.

3. Involving all family members in finding solution.

4. Critically evaluate proposed solutions.

5. Decide on the best solution.

6. Implement the decision taken and evaluate its realization.

Self-reflection questions:

1. Try to identify the most common conflicts in your family. How do you resolve them? What methods do you use within your family?

2. Do you think family debate method is the method you can use in resolving problems in your family? If yes, why?

3. What are your methods of managing emotions in your family?