



FAMILY MEMBERS READ THIS:

Your adolescent is learning how to use What, When, Why, and How Messages to communicate emotions. Help your adolescent practice by allowing him or her to explain What, When, Why, and How Messages to you. Then work with your adolescent to create What, When, Why, and How Messages in response to a situation.

Everybody Loves Resolution

WHAT, WHEN, WHY, AND HOW MESSAGES

REMEMBER TO

- ☐ name the feeling. *I feel _____*
- ☐ explain what behavior is bothering you.
When you _____
- ☐ describe why you are feeling this way.
Because I _____
- ☐ (if appropriate) state how a new behavior will help.
I wish _____ . I want _____ .
It will help if _____ . Please _____ . _____

LET'S DO THIS!

Explain What, When, Why, and How Messages to a family member. Then together create What, When, Why, and How Messages in response to a situation, such as a sibling disagreement over whose turn it is to take out the trash.

After creating What, When, Why, and How Messages with your family member, answer the following questions:

What was your situation? Write the What, When, Why, and How Messages that you and your family member created.

How did you feel when you were creating your WWWH message?

In what situations could your family member use What, When, Why, and How Messages? Explain why.

In what situations do you think you could use What, When, Why, and How Messages? Explain why.