

What Could I Do Differently? - Exercise

This exercise will help you examine how you respond to your loved one`s behaviour and if you are satisfied with your actions. Think of some recent situations and write down how you reacted. Think about how your reaction was both helpful and unhelpful. Are you satisfied with your response, or is there something else you could have done? If you feel there is something else, you could try writing it in the last box.

The situation	How I responded	What was helpful?	What was unhelpful?	What could I do next time?
My son hangs around with people I know who use drugs	I try to make him promise not to take drugs or hang around with these people	I feel I am doing something to help my son	My son resents me for interfering, and I resent him for taking drugs	Instead of making him promise not to use drugs, I will try talking to him about my fears and concerns.