

## *Family Andersson Talking Stick*

### *Family Dinner - Menu*

Present (if possible) the entire Andersson's family including spouses of children and grandchildren.

#### *Preparation*

When everyone is seated, Per (father) thanks everyone for joining in and explains that he was given this home work assignment by his personal coach Dr. Furman and that his son Tim and daughter Jill participated in a meeting where the idea was developed further.

Jill and Tim explain the idea and make sure everyone is ok with it. The idea is to discuss family relationships in a pleasant and positive atmosphere following these instructions.

Jill explains the "Talking stick"-idea and presents the wooden elephant which is to function as the Family's talking stick. A test run will be made where each family member gets to say, using just a few words, how they are feeling right now. Jill demonstrates first.

#### *Appetiser*

During the appetiser course the family will carry out a talking stick round, during which each family member will take turns to say to everyone else in the family what they like or appreciate about that person, or what they are grateful to that person about. The idea is not to give a long speech, only to say briefly "What I like about you..." or "One thing I appreciate

about you..." or "I am grateful to you about..." Observe, no long lists, just mention one or two things per person.

#### *Main Course*

During main course each family member will have a chance to apologize another family member anything they may regret having done or said in the past (or having failed to do or say). Nobody has to apologize to anyone. This is totally up to you. What you apologize for does not need to be anything major, you apologize for small things just as well if something comes to mind. Apologizing does of course not mean you automatically have to forgive the person who presents the apology. Should the matter require further conversation, that discussion is to be carried out at some later point in time. The idea is simply to have an opportunity to express one's apologies if there happens to be something one regrets and for the other one to just nod and to say something like "thanks for saying that" or "I hear you".

#### *Desert*

During desert each family member will have a chance to present to the other family members a small wish. When wish has been expressed, the person who gets it, is to indicate having heard the wish responding by saying something brief like "Maybe", "Let's see", "OK, I got it" or "Wilco!" (Airline pilots say wilco, short for 'will comply'). The idea is not to start conversations about whether the person will comply with wish or not, or when it will done, or how it will be carried out... The idea is simply to offer everyone an opportunity to hear what the other family members wish from him or her. And just to make sure, the wish needs to be a real wish ("I would like you to do such and such") and not disguised criticism ("I would like you to stop doing so and so").