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Family Rules. . .

Clarifying our Family Rules

Name: _____ **Date:** _____

In the spaces below describe the rules (spoken and unspoken) which you believe to be in effect at this time within your family. (Use additional paper as needed.)

A. Our rules about “Work”. . .

- 1.
- 2.
- 3.

B. Our rules about “Space”. . .

- 1.
- 2.
- 3.

C. Our rules about “Time” . . .

1.

2.

3.

D. Our rules about “Possessions” . . .

1.

2.

3.

E. Our rules about “Recreation” . . .

1.

2.

3.

F. Our rules about “Conflict” . . .

1.

2.

3.

G. Our rules about “Communication” . . .

1.

2.

3.

H. Other rules I see in our family. . .

1.

2.

3.

Assessing our Family Rules . . .

Review the rules you have written down about your family. Consider each one in terms of your personal wants and needs. Mark each rule with a plus (+) sign if you consider it to be a positive one; mark the rule with a minus (--) sign if you think it is a negative one.

Think about each one you marked as positive. What do you like about this rule? How does the rule help you and your family? Why should the rule be maintained?

Now, consider the ones you marked as negative. What change would you prefer to see happen? Write down a new rule which you believe would work better for you and your family. You can then discuss your idea with your family. Remember that parents are to be in charge and should have the final say. Hopefully, all input will be considered if the ideas are presented in a respectful, appropriate manner.

There is a separate worksheet available that can be used to prepare one's case for requesting a change in the rules. The worksheet is called "Modifying our Family Rules."