WORKSHEET **My New Role at the Family Table**

Choose one person or one family job, and design your new seat.

The person or job: _____

My old seat (what I've always done): _____

How long I've been in it: _____

What I want to keep doing, because I like it: _____

What I want to stop or share: _____

My new seat, in one sentence: _____

My warm opener: _____

My clear change: _____

My honest alternative (only if I mean it): _____

What I'll say when it's tested (the same words, no new reasons): _____

☐ I said it out loud three times before the real conversation.
☐ I said it in my normal adult voice, sitting up straight.
☐ I said it once and stopped talking.
☐ I stayed in the new seat the next time the request came.

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