

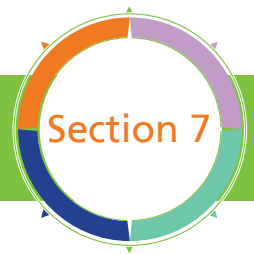


The Model of Influence — Self-Reflection Sheet

Model of Influence	
Knowledge	Will
Information	Attitude
Example	Consequences
Experience	Grace

1. What is one behavior that is part of your family culture that you would like to see your child exhibit more often in family life?

Influencing your Family Culture



2. Please walk through the six steps from the Model of Influence using the behavior you identified in question 1 — What can you say about each step regarding how you are handling this behavior? Circle an area where you are doing well. Put an arrow next to the area you'd like to do more of in influencing your child's behavior.

a. **Information:** What am I telling my child about this behavior, including expectations and boundaries?
Is my communication clear (verbal and non-verbal)?

b. **Example:** How does my child see me modeling the desired behavior in our family life?

c. **Experience:** What opportunities are there each day for my child to practice the behavior? How can I increase opportunities for success — e.g., are there times and/or situations when it will be easier for my child to practice the behavior?

d. **Attitude:** Do I believe that my child can do the behavior? How do I convey this attitude to my child with my words and non-verbally?

e. **Consequences:** Do I acknowledge and reward the positive behavior when I see it? How do I let my child experience consequences when appropriate?

f. **Grace:** How do I respond when my child doesn't meet an expectation regarding the behavior? How do I acknowledge the mistake and plan for improvement while sustaining feelings of belonging and being unconditionally loved?
