**CIP: Rupture and Repair with Mindful Perspective Taking**

This week pay attention to any conflicts you have with your child, or another family member. Later, when you are in a calm state, distanced from the incident, reflect:

What happened?

How the experience from my perspective?

What was the perspective of my child?

How can I repair this rupture?

Use this chart to track two situations this week.

The Conflict Situation

|  |  |  |  |
| --- | --- | --- | --- |
| SITUATION | MY PERSPECTIVE  THOUGHTS, EMOTIONS, ACTIONS | MY CHILD’S PERSPECTIVE, THOUGHTS, EMOTIONS, ACTIONS | HOW AM I ABLE TO REPAIR? |
|  |  |  |  |
|  |  |  |  |