Worksheet 9.1: Reclaiming normal core family values

Every family has its own set of core values or principles. This exercise helps carers to think about their own core values. While different families will have their own unique personal values, it is useful to have some sort of framework as a starting point.

Signpost carers to *SBC*, Chapter 15, 'Review, reflect and relax', which gives some ideas on working as a team and family forums.

In pairs or as a group consider:

a) Which core family values would you like to have in an ideal world? Create a spider diagram below or on the flipchart.

b) How as Edi has impacted on those values? Add these comments to your spider diagram or on to the flipchart in a different colour.

c) Create a menu of options to start to reclaim some of those family values. Put them in order of priority and plan to work towards one at a time.

This exercise reminds you of your own core values, how Edi might have impacted on these, and finally helps you to think about the benefits of having some sort of forum or framework to enable the family to collaborate together to gradually re-establish order and calm within the household.