

## **Worksheet 9.3: Talking is a Good Consequence**

Carers often really struggle with the fine balance between turning a blind eye to keep the peace, and enforcing boundaries with appropriate consequences when Edi oversteps the mark.

As a group think up a scenario in which Edi has pushed the family boundaries to an unacceptable limit or use this one:

### ***Scenario***

Chloe, age 18, has binged and purged on her Gran's 80th birthday, she has taken her 14-year-old brother's chocolates that were a gift for his girlfriend, eaten a large portion of Gran's birthday cake, drunk six cans of diet coke, and left the bathroom in a total mess. Several house rules and boundaries have been broken in a short space of time. Chloe's 14-year-old brother Jack is furious and the sequence of events has brought out all of Mum's kangaroo tendencies. Dad has calmly suggested that Mum takes a bit of time out to chat to Gran and her sister, he has shown empathy with Jack's distress and indicated that they can talk about it later, and he has gently persuaded Chloe that it would be a good idea to go for a walk with him.

What MI skills could Dad use to review and reflect on what has happened, and how Chloe might be feeling after the walk?

Dad has a range of MI techniques to use in which he can calmly discuss with Chloe what happened at the birthday party. He can be firm in his insistence that they do need to review and reflect on the sequence of events. Using MI techniques he can also gently nudge Chloe to come up with her own menu of options, which she might then verbalise. Talking can be a great consequence when rules and boundaries have been broken by Edi or anyone else in the family.