

# Exercise Three

## ISSUE-ORIENTED EXERCISE

### PROCEDURES

1. "Even when we have good feelings about the people we live with, and have learned to express our feelings and needs respectfully, there are times when we have different opinions about what should be done. If people decide that they want to put their heads together and find Win/Win solutions, creative ideas can be expressed. The key is to cooperate constructively to solve the problem, instead of attacking one another."

2. "We're going to try to solve some make-believe problems. Most of the fun that will come from this activity is getting ideas from everybody before deciding on a solution. Make sure everybody gets to have a say."

(The main idea of this exercise is to encourage the process of soliciting input from everybody, rather than actually solving the problems. )

Give the families a couple of practice situations to try, such as:

- ◆ "Everybody in the family picked one number in a lottery, everybody put in 20 cents, and the number won! How are you going to spend the \$20,000 you won so that everybody is satisfied?"
- ◆ "Relatives come to visit from out of town for a week. How do you decide where they'll sleep?"
- ◆ "Your family won a vacation trip, but the only rule is everybody has to agree about where you're going."

3. Process by asking the whole group.

"How many people thought of three or more ideas to solve the problems? Raise your hand if you felt like the other people in your family listened to your ideas; was anyone surprised with the creative

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ideas the younger people in the family came up with? What would make it hard (or easy) to do this kind of activity with real situations?"

4. Mediation Practice

**"Sometimes, when we are stuck in a more difficult situation, we can use the help of a mediator to help us talk through a problem. The last practice we'll do tonight will have to do with mediation."**

5. Instruct the groups to refer to the "Be a Mediator. Here's how" pages (*pages 20-21*) in their *TIME OUT! Resolving Family Conflicts* book, and remind them that mediators help people stay focused on the situation, they help people express their feelings, and they help the disputants keep brainstorming until a suitable solution emerges. They don't solve the problem themselves.

### Notes


## Be a mediator.



**T**here are times when family members cannot solve their problems on their own. They need the help of a mediator.

A mediator listens to both sides and helps the people in a conflict come to a fair agreement.

The goal of mediation is to solve a problem, not to blame or punish.

Page 20

## Here's how:

### Set the ground rules:

- Listen without interrupting.
- Be willing to solve the problem.
- Tell the truth.
- No fouls.



Each side tells his/her story.

Each side tells how he/she feels.

Both think of several solutions to the problem.



Both pick the solution they think they can live with.

Each side is responsible for carrying out the agreed upon solution.



Everyone in the family can learn to be a mediator.

Page 21