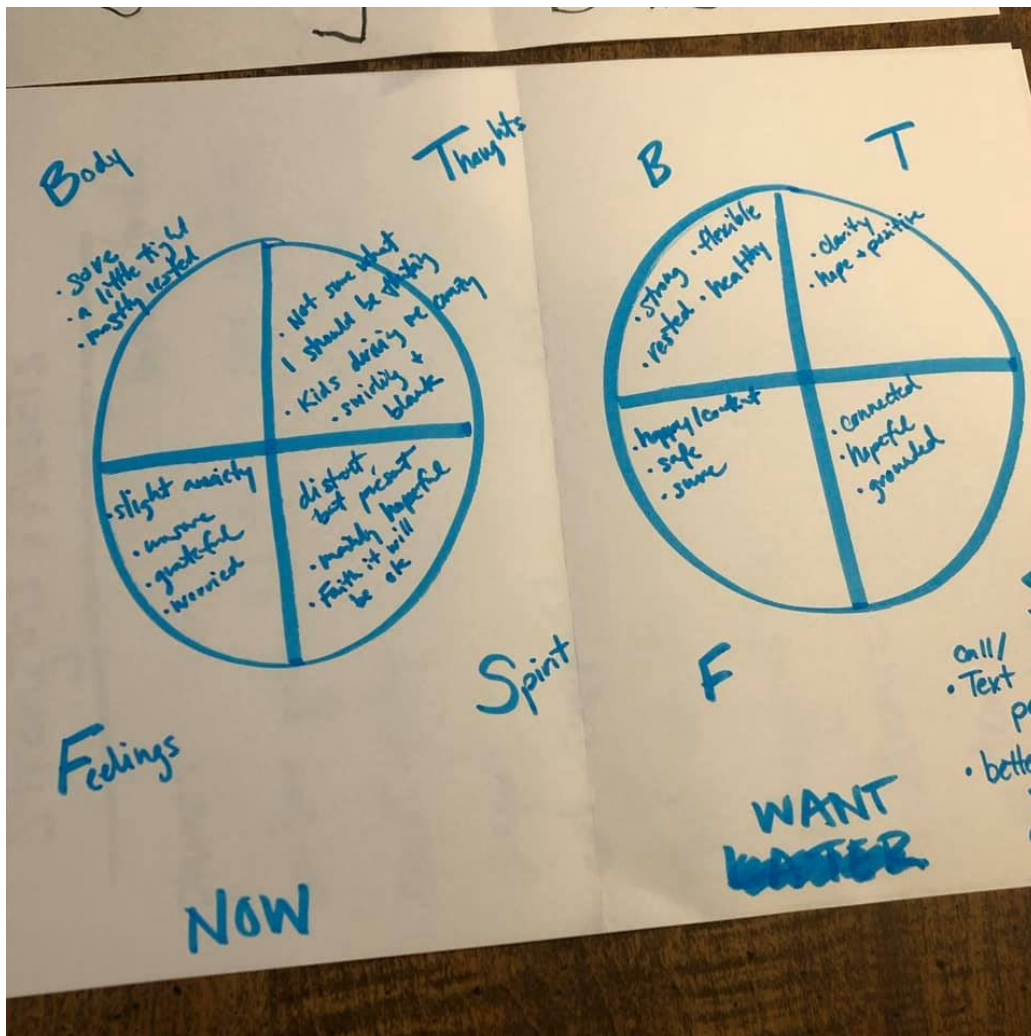


This family therapy exercise has been used to help family members and staff members identify and express feelings regarding these uncertain and scary times. There's no wrong way to do this exercise!



## FAMILY (AND TEAM) THERAPY EXERCISE

1. Fold a piece of paper in half and one circle on each half. Divide the circles so each has four quadrants (see photo).
2. Label quadrants in each circle as follows: Physical, Intellectual, Emotional, Spiritual. For children you can adapt them to: Body, Thoughts, Feelings, Spiritual.
3. Label one circle **NOW** and the other **WANT** or WISH (or something like that).
4. Fill in the quadrants, and then talk about the similarities and differences between the two circles. Step #4 can lead to conversations about how some descriptors were the same in multiple quadrants

5. Talk about how we can't always have control and force the WANT to be true, but sometimes we can take small steps toward it.
6. Brainstorm list of assets (characteristics, technology, relationships, whatever)...assets you might be able to use or reach out to take those smaller steps.
7. Write down 2-3 practical things you can do to move toward the WANT.

As a result of this exercise, children often named some feelings they hadn't named before and then acknowledged it felt better once they had shared. This led to deeper conversations about how important connections are to counterbalance the angst and depression that is so normal right now.

This exercise can also be adapted and used with staff, team and/or board.

Leading an organization, firm or your family through this crisis (or any crisis) requires intention and creativity. It's up to us as the leaders to create a safe space for this type of conversation.