

Consistency and Patiently

DEVELOP SKILLS TO COMMUNICATE CONSISTENTLY AND PATIENTLY WITH AN EX-PARTNER, ENHANCING COOPERATION AND REDUCING CONFLICT.

Step-by-Step Activity

Materials Needed:

- Script printouts for each scenario
- A quiet space for role-playing
- Notepads and pens for reflection

Scenario 1: Addressing a Recurring Issue with Patience and Consistency

Characters:

- Parent A: The parent addressing the issue.
- Parent B: The ex-partner.

Script:

Parent A:

"Hi, I wanted to talk about the pick-up times. I've noticed that you've been late a few times this month."

Parent B:

"I know, but I've been really busy with work."

Parent A:

"I understand that work can be demanding. However, it's important for the kids to have a consistent schedule. Can we find a way to ensure pick-ups are on time?"

Parent B:

"I'll try, but sometimes things come up."

Parent A:

"I appreciate that. Maybe we can set a reminder or have a backup plan in case you're running late. What do you think?"

Parent B:

"That could work. I'll set a reminder on my phone."

Parent A:

"Great, thank you. Let's check in next week to see how it's going."

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Scenario 2: Using Positive Reinforcement to Acknowledge Efforts

Characters:

- Parent A: The parent giving positive reinforcement.
- Parent B: The ex-partner.

Script:

Parent A:

"Hey, I wanted to thank you for being on time for the last few pick-ups. It really helps the kids stick to their routine."

Parent B:

"Thanks, I've been trying to make it a priority."

Parent A:

"I can see that, and I appreciate your effort. It makes a big difference for the kids and for me."

Parent B:

"I'm glad to hear that. I'll keep it up."

Parent A:

"Thanks again. It's great to see us working together for the kids."

Discussion:

1. What worked well in the conversation?
 - Identify specific techniques or phrases that helped maintain patience and consistency.
2. What could be improved?
 - Discuss any areas where the communication could be clearer or more effective.
3. How did the use of positive reinforcement impact the conversation?
 - Reflect on how acknowledging efforts can improve cooperation and motivation.
4. How did maintaining a calm and patient tone contribute to the conversation?
 - Consider the benefits of staying calm and patient in reducing conflict and fostering a positive relationship.

Reflection:

- Participants: Write down your thoughts on how these strategies can be applied in real-life situations.
- Group Discussion: Share reflections with the group and discuss any challenges or successes experienced in similar situations.