

# AFFECTION - BELONGING - CONTROL

We form important attitudes about these **3 emotional forces** when we learn about them in our family. They are a foundation upon which we build much of our personal and social relationships. From these childhood experiences come the many "rules" that we use to live by, happily or not. Many of the "rules" are forgotten; but still determine our behaviors now.

- **Balanced expression in these 3 areas is necessary to achieve stability & growth** •

**There are 4 good things that people can share – TIME - LOVE - INFORMATION - WEALTH.**

Those 4 things come in many varieties and combinations. Having dinner together and talking together is one combination. Planning the family budget together is another. Watching a video with popcorn in a good way to share love, laughter, time, and fun. Doing a mad-sad-glad-scared often can help to make strong bonds.

## Physical expression

### SHARED AFFECTION

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

## Verbal expression

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

## Structural expression

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

## Physical Expression

### SHARED BELONGING

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

## Verbal expression

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

## Structural expression

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

## Physical Expression

### SHARED CONTROL

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

## Verbal expression

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

## Structural expression

1. \_\_\_\_\_ DA \_\_\_ WK

2. \_\_\_\_\_ DA \_\_\_ WK

Write some ideas down and do the above behaviors an agreed upon number of times. For example: 2 hugs a day, home for dinner at 6:00 3 times a week, calendar a night out 1 time a week, say "Tell me more" 2 times a day (instead of arguing or being defensive), say "Tell me you love me" once a day, go to bed together at a regular time 3 times a week, go over the bills together once a week, do mad-sad-glad-scared 4 times a week, walk together once a week, play cards twice a week. Include the whole family in developing activities for ABC.



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**