

Reset Family Expectations

1. Be Respectful – Respect is about valuing another person as well as yourself

2. Be Responsible – Responsibility is about taking care of the things that are within your power, control or ability to manage

3. Be a Listener – Listening is not only about hearing, but also about processing information, engaging and following directions

4. Be Safe – Safety is about keeping yourself and others from harm physically as well as guarding your heart and mind from things that might threaten your emotional, social or spiritual health.

5. Be Trustworthy – Trustworthiness is about being honest, reliable and dependable.