

## **Show 1: Family Dynamic Reflection Practice**

Spend some time this week with your Coaching Journal, and write your responses to the following questions:

1. What are some of the patterns and themes I notice about the way I've interacted with my family members in the past? Be specific: write a different section for each family member.
2. How are these interactions qualitatively different from interactions I have with friends and colleagues?
3. How would I like my interaction with each family member during this holiday season to be? Again, be specific.
4. What initial resistance arises as I consider interacting with my family member(s) in this way? What form does this resistance take?

**If you would like to take advantage of our special Home For the Holidays coaching package and work on this topic before you go home in December, visit [\[http://integrallife.com/coaching/home-for-holidays-special-coaching-package\]](http://integrallife.com/coaching/home-for-holidays-special-coaching-package) to start working with your Integral Coach now!**