

### **Family Goals for a Peaceful Family Life**

1. Develop social skills to help maintain lasting peer friendships.
2. Improve self-esteem
3. Successfully implemented a reward system.
4. Parents/child develop and utilize an organized system to keep track of school assignments, chores, and household responsibilities using calendar and charts.
5. Teach effective study skills like limiting distractions, taking breaks as needed.
6. Develop and implement effective coping skills that allow for carrying out normal responsibilities and participating constructively in relationships.
7. Reach a level of reduced tension, increased satisfaction and improve communication with family members and others.
8. Eliminate temper tantrum and replace with calm respectful compliance with adult directions.
9. Express anger through appropriate verbalizations and healthy physical outlets on a consistent basis.
10. Parents establish and maintain appropriate parent-child boundaries, setting firm, consistent limits when the client reacts in a verbally or physically aggressive or passive-aggressive manner.
11. Improvement in the ability to listen and respond empathetically to the thoughts, feelings, and needs of other people.
12. Demonstrate marked improvement in impulse control.
13. Gain attention, approval and acceptance from other people through appropriate verbalizations and positive social behaviors.
14. Proper and fair allocation of shared responsibility when conflict occurs.
15. Identify and verbalize how annoying and disruptive behaviors negatively impact family members.
16. Assist child to understand that adults can also have emotional problems, which may reduce the child's feelings of guilt and shame about not being able to fit in.