

# The FamilyDecode Method Worksheet

One page to work through any family challenge, calmly, step by step.

**How to use:** Pick one challenge that keeps repeating. Work down the five steps, writing whatever comes to mind. There are no wrong answers — the point is to move from reacting to understanding.

1

Decode · understand the message

What challenge are we facing? What might my child be communicating?

2

Identify · find triggers & needs

What might be causing it? (tick what fits, add your own)

Tired

Hungry

Transition

Over-stimulated

Needs connection

Needs control

Skill not ready

Big feeling

3

Plan · one practical strategy

What does my child need? What one small plan will we try?

4

Practice · build the habit

How and when will we practice it? (same time, same way, daily)

5

Review · adjust and improve

After a week: what worked? What was hard? What will we change?