

# Marriage & Family

## Treatment Planning & Action Steps for Extended Family

- A. Be proactive in the relationship building process.
- B. Be strength based.
- C. Smile, laugh, and be pleasant.
- D. De-escalate conflicts that arise. Ask yourself, “Is what I am about to say going to encourage, provoke the person to wrath, or help calm both of us down?”
- E. Accept kindness from in-laws.

From the American Association of Christian Counselors

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