



Skill Practice: Maintaining Values – Unconscious Thinking

Scenario: A teenager is driving their parent's new car and rear ends the driver ahead of them. No one is physically injured but there is damage to the car.

What might the parent's immediate thoughts and feelings be?

If the parent acts on these thoughts and feelings, how will they treat their loved one?

If the parent acts on these thoughts and feelings, how is their loved one likely to feel?

If the parent acts on these thoughts and feelings, how might their loved one respond?

If the parent acts on these thoughts and feelings, will they be living up to these values?

Yes No Maybe

Express love and caring ?

Earn their loved one's trust and respect?

Teach their loved one to be an honest, caring and responsible person?