Family Conflict Resolution

Date: 10/17/2024	
Family member's names:	**Conflict:**
Gloria (Mother) Leo (Father) Theo (Son)	Leo and Theo had a disagreement about cleaning Theo's room. Leo believes Theo should take responsibility for his mess, while Theo feels that he is already busy with homework.
Impact on family:	**Root causes:**
Gloria feels caught in the middle, and both Leo and Theo are frustrated, leading to tension during family meals.	Theo's overwhelming school workload and Leo's expectations regarding household responsibilities.
Emotions and feelings:	**Focus on resolution:**
Leo feels disrespected; Theo feels overwhelmed and misunderstood; Gloria feels anxious about family harmony.	Agree on a cleaning schedule that accommodates Theo's homework and allows Leo to feel that responsibilities are being shared.
Needs:	**Requests to resolve conflict:**
Respect for individual responsibilities, understanding of personal workload, support in managing tasks.	Leo requests that Theo communicates when he feels overwhelmed; Theo requests that Leo helps him prioritize tasks.
Family discussion:	**Action plan:**
The family agreed to sit down every Sunday to discuss the upcoming week's responsibilities and challenges.	Create a shared calendar for cleaning duties and homework deadlines.
Follow-up:	**Additional notes:**
Set a reminder for a follow-up discussion in two weeks to evaluate the effectiveness of the new plan.	Consider family activities that reduce stress, such as game nights.