

A Sibling Who Is Hard to Be Around

Decide how much contact with a difficult brother or sister works for you.

WHEN TO USE THIS

Use this before or after time with a sibling that leaves you churned up.

What happens between you two that you want less of?

What are the old roles you both fall back into?

The responsible one, the baby, the peacemaker, the problem.

How much contact would feel right to you?

0	1	2	3	4	5	6	7	8	9	10
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Almost none

Often

What is one thing you will not get into with them again?

What is your way out of a conversation that turns?

A phrase, a reason to stand up, a time you have to leave.

You were kids together. You are two grown people now, and you get a say in this.