**Playbook to Inject the Healthy Undercurrent of Attachment**

*Unmet Primal Need Seed*

**Acts of Positive Communication**

**Who:**

* Manny, Christine, Cecilia, Mom

**What:**

* Manny, Christine, and Cecilia will place one Act of Positive Communication Ticket in the family jar each time they see one another displaying any one or more of the following behaviors:
	+ Giving a word of appreciation/ compliment to a family member
	+ Listening closely to a family member without interrupting
	+ Giving a hug and saying I love you.
	+ Asking for permission to do something in a respectful tone
	+ Displaying a positive attitude when asked to do something by mom
	+ Helping someone with a task

**When:**

* The Positive Communication Ticket is completed entirely and placed in the jar at the time in which the person witnesses the positive act. If they are not at home with the jar, then the ticket is placed in the jar as soon as they get home
* Each Saturday morning at breakfast, the family will gather around the family jar for mom to count the tickets and determine which child gets the “free pass” from a chore the following week

**How:**

* The # of tickets in the jar at the end of the week will determine the activity the family gets to enjoy together (see list on next page)
* The person with the most Positive Communication tickets at the end of each week will receive a “free” pass which means he/she is exempted from one chore the next week

Act of Positive Communication Ticket

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Act: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Witnessed By: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family Activities

1-5 Tickets Mom will bake brownies or her special chocolate chip cookies

6-10 Tickets Rent a movie and watch as a family

11-15 Tickets Trip to Dairy Queen

16-20 Tickets Go to Pizza Hut

21-25 Tickets Go Bowling

26-30 Tickets Mom’s Surprise