

## **Share clear, consistent messages**

Most of us know the story of a group of blind men describing an elephant. Each one touches a different part of the animal and when they compare notes they find they each have a completely different idea of how to describe this unknown beast.

When a family faces a challenge in life, individual family members probably have different perspectives. Open, clear communication is a key in helping everyone get through the situation in a resilient way.

"In facing adversity, it is important to clarify the situation as much as possible. Often family members glean different understandings of events and their implications, based on bits and pieces of information or hearsay. They may fill in the blanks with their best hopes or worst fears. The experience becomes more comprehensible and manageable when information and perceptions are shared, and when the meanings of events and their implications for family members' lives are discussed openly and fully." (Walsh, Froma, 2006, p. 108-109)

Whose perspective are you missing? Who needs you to clarify the challenge being faced?

Reference: Walsh, Froma, Strengthening Family Resilience, New York: The Guilford Press 2006.



***"Be resilient: stretch, bounce back and roll forward."***

*Resiliency Reminders are brought to you by the "Families in Stress and Transition Team", Family Living Programs. For more ways to strengthen family resiliency, visit <http://www.uwex.edu/ces/flp/> or contact Patrick DuCharme, Employee Assistance Consultant, 800-385-8511, [patrick.ducharme@uwex.uwc.edu](mailto:patrick.ducharme@uwex.uwc.edu)*