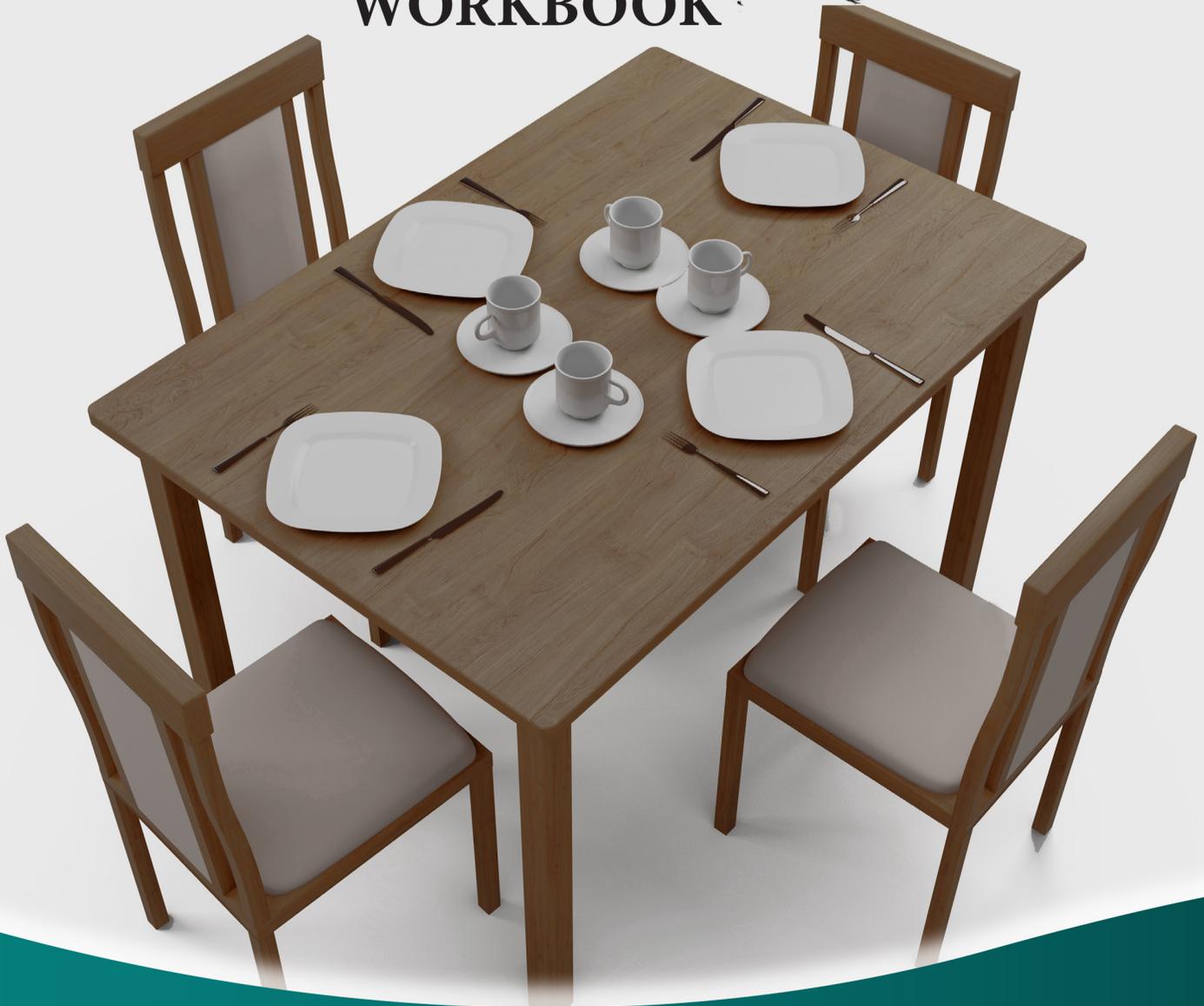


# BACK TO BASICS



TAYLORING YOUR TEENS FOR SUCCESS

## WORKBOOK



*Christopher*  
**TAYLOR**<sup>MFT</sup>



# BACK <sup>TO</sup> BASICS



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2017

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Our lives have been over-complicated. Society has developed a message so complex that we need experts to decipher the code. We have lost sight of basic, core values. The keys to success in achieving your desired family life are simple. They are value based and can be followed by anyone. It is time to simplify life, and reach your goals. The way to do this is by getting **back to basics**.





# INTRODUCTION

Thank you for taking the first step to helping your family reach its goals. You have purchased this program because you want the absolute best for your family and realize this program contains the tools necessary to do so.

This workbook was designed to accompany the Back to Basics program book. In the book you read about each step in the program and how following the principles will result in the desired outcomes of healthy communication, family togetherness, and a goal oriented approach to life. This workbook will teach you how to do the tasks necessary to fully implement these principles.

This workbook will take 6 weeks to complete. Each step consists of several questions and specific tasks. All assignments are to be completed at the weekly family meeting by all family members. If all family members complete this workbook together, then you will be amazed by the results. It is important to remember that this workbook will jumpstart your family into this program and give you a foundation to build on, but it requires on-going attention to all the principles on a daily basis.

As an additional tool, this workbook has an interactive component. All barcodes can be scanned to access embedded videos, which explain each step in detail and answers commonly asked questions. In order to access this feature please download the Back To Basics app, which is available for iOS and Android devices. To access the video content, simply scan the barcode with the Back to Basics app for that week's lesson. Between the workbook, videos and book, you have all the tools necessary to succeed.

Congratulations as you begin your journey. I am deeply thankful for your trust, and incredibly excited for you and your family.



# WEEK 1

# FAMILY VISION

PLEASE SCAN THIS BARCODE  
USING THE BACK TO BASICS  
APP TO ACCESS THE

This week's task:  
to create the family  
vision statement



**To get started please answer these questions as a family**

1. What do you want to achieve in this program as a family.? Think about your goals, wishes and desires. Think of how you spend time together, how you communicate and what constitutes success in work and school.
2. Have each family member share what he or she feels they can do to help reach these goals. Are changes in behavior necessary? Do you need to find other ways to communicate?
3. How will you know that your vision is on track? What can you think of to track progress? Will there be anything more than reviewing the vision statement at the weekly family meetings?



**Now turn your responses into a vision statement.**

Examples:

**A non-effective vision statement:**

*Our family would like to have 3 cars, lots of money, go on fun vacations and never argue.*

**An effective vision statement:**

*Our family will be financially stable, enjoy quality time together and engage in healthy communication.*

***My Family's Vision Statement***

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## WEEK 2

# FAMILY STRENGTHS

PLEASE SCAN THIS BARCODE  
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This week's task:

is to create Family Strength Lists  
and share these lists with each family member



**To get started please answer these questions as a family**

1. Create a list for yourself and identify all the things you like about yourself and are good at.
2. Identify all the things you appreciate or think are positive skills for each member of your family.
3. Review the Webster's dictionary definition for the words love, respect and honesty. Discuss how these values are displayed in family interactions.



**Additional Task**

*Compile all the strengths of family members onto lists. Then laminate the lists and place them in each family member's bedroom.*

**Reflection Question:**

*How are the family meetings making me feel? Are they easy or hard?*

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# WEEK 3

# ELIMINATING BEHAVIORS

PLEASE SCAN THIS BARCODE  
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This week's task:

is for each family member to complete at least one escalation curve for any behavior that interferes with healthy communication

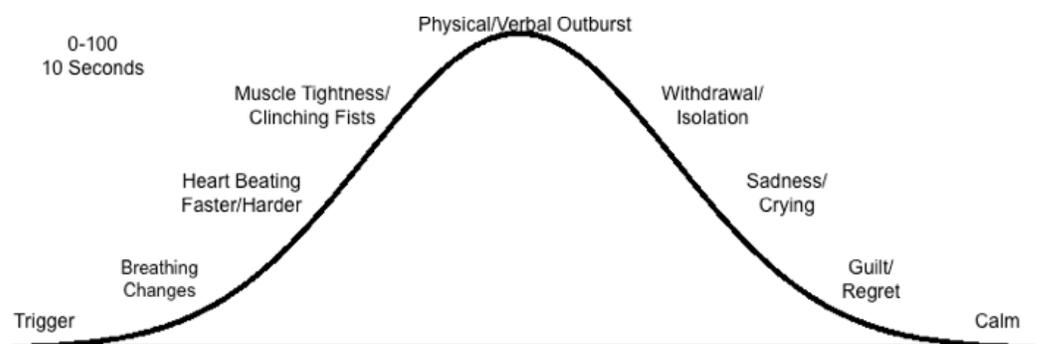


To get started please answer these questions as a family

1. What are my individual needs and how can I do a better job expressing them?
2. How can I help reduce triggering my other family members?
3. What is the most important accommodation that can be made to stop arguing or being defiant?

**Example:**

Blank templates available in the back of the workbook





*Remember that lower on the curve are the early warning signs where physiological interventions should be used (breathing, relaxation). The closer to the top of the curve, the more difficult to avoid the behavior, as such, escape is an effective tool.*

**Additional Task**

*As a family, choose a buzz word that when used, signals the entire family needs to disperse and take a 10 minute break in their rooms.*

**Reflection Question:**

*What have I learned about how I react to triggers that I can now avoid?*

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## WEEK 4

# STRENGTH-BASED COMMUNICATION

PLEASE SCAN THIS BARCODE  
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APP TO ACCESS THE



This week's task:

is to identify current communication styles and to practice healthy, strength based communication

**To get started please answer these questions as a family**

1. Why do I focus more on negative behaviors than positive?
2. How do I feel when I am acknowledged, praised and validated?
3. How does my tone and body language affect the way my message is being heard.



### **Additional Task**

*Over the next week each family member will focus on communicating in a strength based way by acknowledging success, praising positive choices, and avoiding negative communication styles (disrespect, belittling, dismissiveness, etc.)*

#### **Reflection Question:**

*How did I focus on needs and controlling my behavior this past week?  
Did I do a good job utilizing the interventions on my escalation curve?*

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# WEEK 5

# INCENTIVE STRUCTURE

PLEASE SCAN THIS BARCODE  
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## This week's task:

is to create an incentive structure to reinforce responsibility taking and independent decision-making through choice. See the example on the next page to get ideas of what to include in the plan



### **To get started please answer these questions as a family**

1. What tasks are required to be completed each day? Create a list for each family member.
2. What are the privileges that each family member has access to? Create a list for each member.
3. As a family decide when each task needs to be completed and what privilege will be earned when the task is completed. Focus on how to earn the privilege.
4. Discuss this consequence structure as a family. Develop mechanism for review. How will you know the structure is no longer needed? How do you know when aspects can be removed?



## Additional Task

Fill in the details of the consequence structure and laminate it so it can be referred back to as challenges arise. This plan will consist of tying task completion to accessing privileges. The opportunity to earn privileges starts over each day.

### Example:

*Blank templates available in the back of the workbook*

Task	Completed By	Privilege Earned
Phone Turned In at bedtime	9pm	Phone will be earned for the following day until after school
Turn In Phone after school	3:30pm	With completion of this, taking trash out and homework completion phone is earned back.
Take Trash Out	4pm	See homework below
Complete Homework	5pm	Phone will be returned as long as trash has been taken out and homework has been completed
Empty Dishwasher	7pm	Video games

### Reflection Question:

*Discuss how this plan will help your family achieve its vision.*

# WEEK 6

# QUALITY TIME

PLEASE SCAN THIS BARCODE  
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APP TO ACCESS THE

This week's task:

is to create the structure and opportunity for spending quality time with your family.



**To get started please answer these questions as a family**

1. How do you feel when trying to communicate with another family member or close friend who is on their device when you are talking to them?
2. When and where are technology devices not allowed in the home (during homework, family movie night, dinner table, etc.)
3. Create a list of no/cost low cost family outings and schedule them at least one time per month.
4. How will the family spend quality time in the home? Create a schedule of at east one at home activity every 2 weeks. Excluding family dinners (movie night, game night. Etc.)



### **Additional Task**

*Commit to having at least 2 family dinners at the dinner table per week. During these dinners practice ask meaningful questions about each others lives. Do not discuss negative actions, poor choices, or consequences during these dinners.*

#### **Reflection Question:**

*How is the consequence structure working? Have I been following through on expectations? What will I improve on this week?*

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# CONGRATULATIONS!

You have completed the Back to Basics: Tailoring Your Teen For Success workbook. This was not an easy task, but your commitment to your family has paid off. You are certain to have seen the shift occur in all the relationships within your family. You are now well on your way to realizing the vision that you set for your family during week 1. The focus now shifts to what comes next?

You have grounded your family in the principles of Back to Basics, and now you will need to shift your attention to reinforcing these principles on ongoing. To do this, you will use the Family Meeting Template on the next page of this workbook. Schedule at least one meeting every week that is separate from other family time (dinners, movies, etc.). Each meeting will begin by having a family member read the Family Vision Statement. From there you will follow the template by focusing on the following areas:

**What's Working:** This is where you take the time to acknowledge efforts, actions, accomplishments. Naming strengths of other family members is encouraged. Nothing is too small to acknowledge.

**Needs:** What is needed from others within the family. Is there a need to schedule an outing? Is there a need to find a tutor? Is there a need to change the consequence structure? As needs are identified, take the time to problem solve as a family on how best to meet them.

**Concerns:** Address the issues that have come up over the past week. This can be lack of follow through, behavioral issues, etc. This is the place to make known that the issue has been identified and to brainstorm solutions. This is constructive and strength based. Do not lecture or attempt to assign consequences.

**Commitments:** Simply what each family member will do over the next week to help move the family towards reaching the vision statement. No commitment is too small.



# THE FAMILY MEETING TEMPLATE:

**WHAT'S WORKING?**

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**NEEDS?**

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**CONCERNS?**

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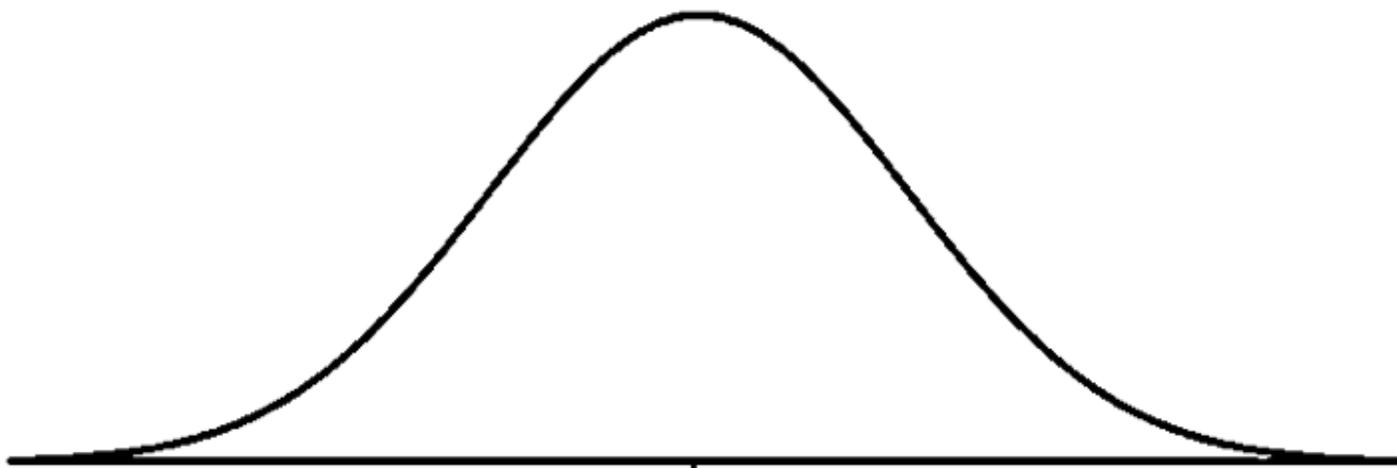
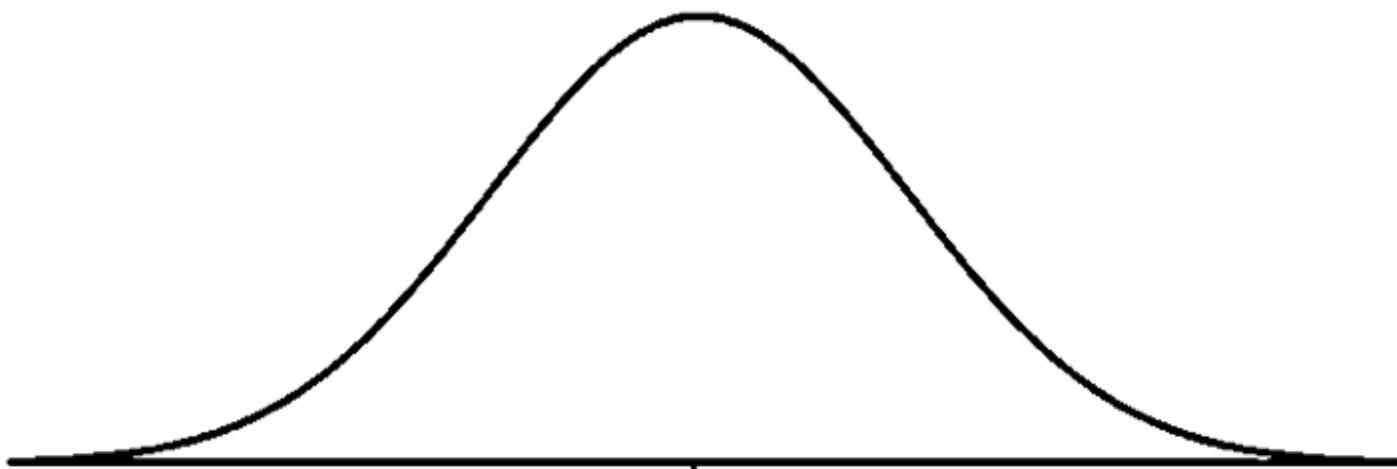
**COMMITMENTS FROM EACH FAMILY MEMBER FOR THE NEXT WEEK.**

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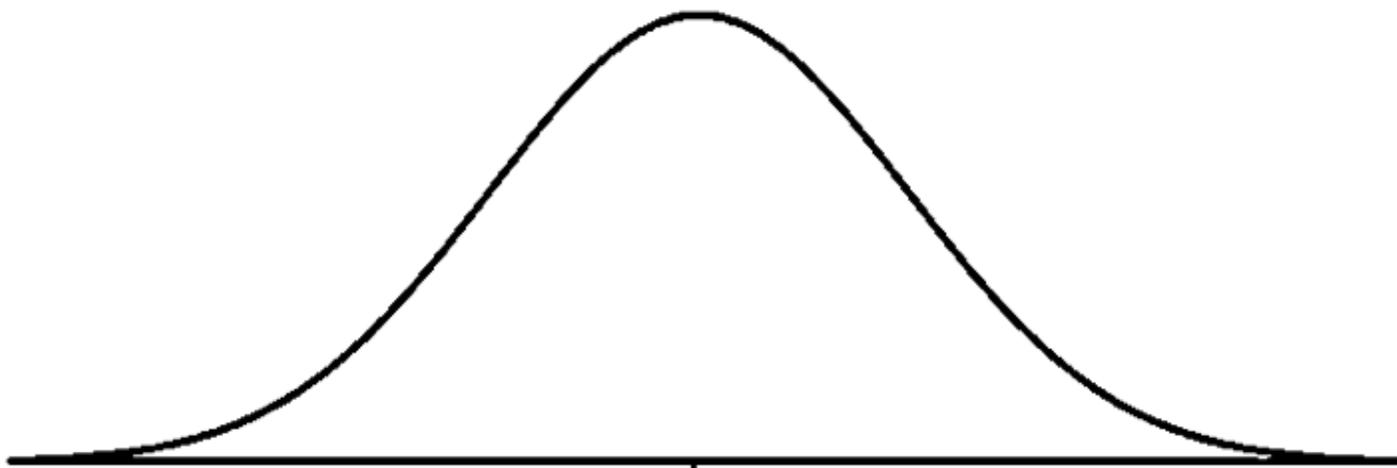
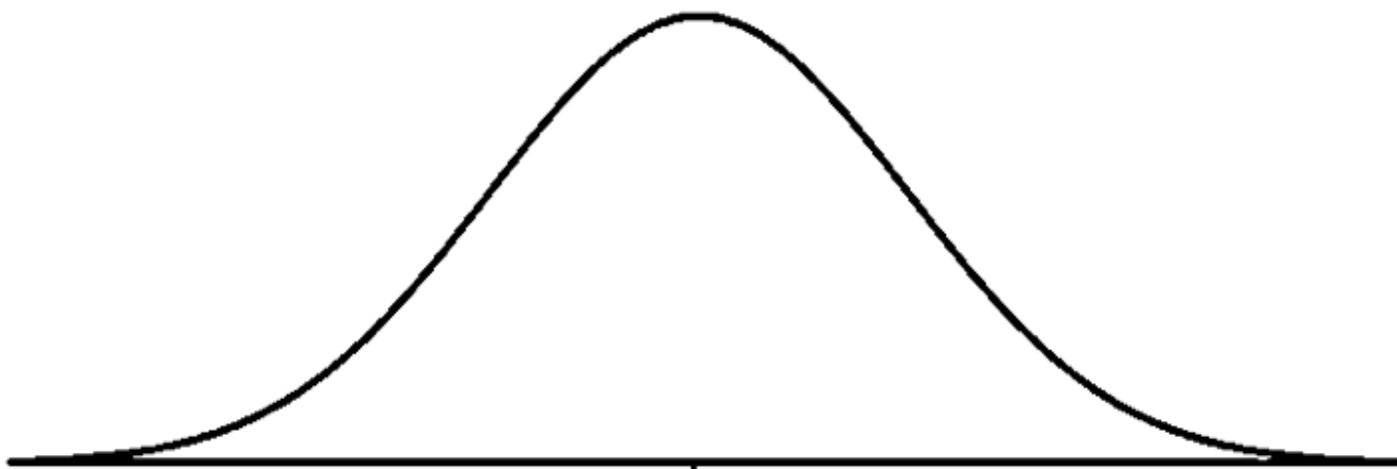
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# ESCALATION CURVE TEMPLATES



# ESCALATION CURVE TEMPLATES



# INCENTIVE PLAN TEMPLATES

Task	Completed By	Privilege Earned

Task	Completed By	Privilege Earned



SUCCESSING IN THE PARENT-TEEN YEARS

# BACK TO BASICS

**PROVEN NEW RULES FOR  
TAYLORING YOUR TEEN FOR SUCCESS**

The Back To Basics Workbook is designed to accompany the Program book. This workbook takes parents and their teens on a 6 week journey to fully implement the principals laid out in the book. Each week the families are required to complete specific tasks. Questions are posed that allow for the task to be completed. Each week also has a reflection question and an additional task to help families take the next step and prepare for the following week. Additionally the introduction, weekly lessons, and conclusion pages all have a QR code printed on them. A branded Back to Basics app is available for iOS and Android devices that allows these codes to be scanned to access instructional videos presented by Christopher Taylor. The back of the workbook contains all of the templates required to complete the tasks



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