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## This vs. That

Communication between family members, especially parent and child, can be difficult particularly when dealing with trauma. This vs. That is a guided activity designed to help facilitate communication between the caregiver and child. The caregiver and the child will have an opportunity to reflect on each other's strengths as well as problematic behaviors. The caregiver and child questionnaire on pages 10-13 can be completed by the individual or can be completed as an interview. When both are finished filling out the forms, discuss the similarities and differences in both surveys. Recognize the strengths of both and acknowledge behaviors that need to be changed.

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# This vs. That

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## Caregiver Perspective

1. What are some positives you can identify about your child?

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2. Why are these positives or things that you like to see?

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3. What are the negative behaviors you can identify?

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4. Why are these negatives or things that you do not like to see?

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5. What is the biggest change that you would like to see as it relates to your child?

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6. What are some things that you think you can improve on as a caregiver?

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7. What are some things that you think you do well as a caregiver?

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# This vs. That

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## Client Perspective

1. What are some positives that you can identify about your parent/caregiver?

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2. Why do you like these things?

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3. What are some things that you do not like your parent/caregiver doing?

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4. Why don't you like these things?

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5. What is the biggest change that you would like to see?

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6. What behaviors would you identify as negative within yourself?

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7. Why do you think these are negative behaviors?

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8. What do you think you do well?

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