

Values→Rules→Consequences

Creating Value Based Rules and Consequences

At New Haven we believe that happiness comes when one's actions match their beliefs or values. Because of this, we feel that rules should exist to help teach values, and that consequences should directly relate to the rule. The following exercises are designed to help your family create rules and consequences that correspond to your family values.

Step 1:

In Family Therapy make a list of 10 of your basic family rules (It does not have to be 10, use a number that works for your family). After you have decided on the rules, go back and identify what value you feel each rule teaches. Use the Family Rules worksheet (4.4) to help you.

Step 2:

Now look at both your list of Family Values (2.8) and your Family Rules Worksheet (4.4). While looking at both lists, discuss the following questions:

- Are all of your Family Values represented in your Family Rules?
- Did your Family Rules help you to identify other Values that are important to your family but are not on your Family Values list?

The goal of this exercise is to help you understand the connection between family values and rules. Rules should exist to teach values. Make changes to these two lists as necessary so that your Family Rules are based on your Family Values. We have included the Value Based Rules Worksheet (4.4) to help you. The worksheet should include each of your family values, and at least one rule or tradition to teach each value.

Step 3:

In family therapy read together the page Positive and Negative Consequences (4.4). Discuss the different types of consequences, and identify which are most effective in your family. Then, as a family come up with at least one consequence for each of your family rules, and identify which type of consequence it is. Record these on the Consequences Worksheet (4.4).

Positive and Negative Consequences

The Four Positive Consequences:

1. Natural
 - Definition: This privilege or reward is the natural result of the choice.
 - Example: I choose to do my homework, I learn something.
2. Logical
 - Definition: This privilege or reward is dictated by the situation, and it makes rational sense to everyone involved.
 - Example: I choose to do my homework, so I get a good grade.
3. Pre - Arranged
 - Definition: This privilege or reward is set up before I make the choice. Everyone involved agrees on it whenever possible.
 - Example: I choose to do my homework, so I get to go to the mall with my friends.
4. Self - Imposed
 - Definition: As added incentive not to break a rule, I reward myself.
 - Example: I choose to do my homework, so I buy myself a new CD.

The Four Negative Consequences:

1. Natural
 - Definition: The consequence is the natural result of the choice.
 - Example: I choose not to do my homework, and I am lost during the class discussion the next day.
2. Logical
 - Definition: This consequence is dictated by the situation, and it makes rational sense to everyone involved.
 - Example: I choose not to do my homework, so I get a bad grade.
3. Pre - Arranged
 - Definition: This consequence is set up before I make the choice. Everyone agrees on it whenever possible.
 - Example: I choose not to do my homework, so I do not get to go out with my friends that weekend.
4. Self - Imposed
 - Definition: I impose this consequence on myself, as an added incentive for me to not break the rule.
 - Example: I choose not to do my homework, so I stay after school and do it in the library.

Family Rules Worksheet

RULE

VALUE

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

6. _____

6. _____

7. _____

7. _____

8. _____

8. _____

9. _____

9. _____

10. _____

10. _____

Value Based Rules Worksheet

Value: _____

Rules:

1. _____
2. _____
3. _____

Value: _____

Rules:

1. _____
2. _____
3. _____

Value: _____

Rules:

1. _____
2. _____
3. _____

Value: _____

Rules:

1. _____
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Value: _____

Rules:

1. _____
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Value: _____

Rules:

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Value: _____

Rules:

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Value: _____

Rules:

1. _____
2. _____
3. _____

Value: _____

Rules:

1. _____
2. _____
3. _____

Value: _____

Rules:

1. _____
2. _____
3. _____

Consequences Worksheet

Value: _____ Rule: _____

Consequence: _____

Value: _____ Rule: _____

Consequence: _____

Value: _____ Rule: _____

Consequence: _____

Value: _____ Rule: _____

Consequence: _____

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Consequence: _____

Value: _____ Rule: _____
Consequence: _____

Value: _____ Rule: _____
Consequence: _____

