

# Time

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## POSTIVE TIME

- Being in the same house
- In the same room doing different things
- Riding in the car together
- Quick hurried family meals
- Cooperatively Watching TV Together
- Discussing the Plans for the day
- Cooperatively doing chores together
- Playing games together that everyone enjoys
- Laughing and having fun
- Choosing to cheerfully engage in an activity with someone else (even if you don't really enjoy the actual activity)
- Hanging out chatting about the day
- Sharing a relaxed family meal with everyone chatting
- Special activity planned with only one other person.
- Date Night with spouse

## NEGATIVE TIME

- Lack of appreciation for someone's time
- Showing up late
- No showing for a date/forgetfulness
- Rushing through an activity
- Doing an activity in a disheartened manner
- Refusing to engage in someone else's interests
- Insisting on making others do what you want
- Refusing to cooperatively join family or group activities
- Complaining about activity plans; yet providing no suggestions
- Talking about frustrations at the dinner table
- Sullen presence
- Resentful Attention
- Complaining about having to spend time with someone

\*REMEMBER....THERE IS NO QUALITY WITHOUT QUANTITY....