

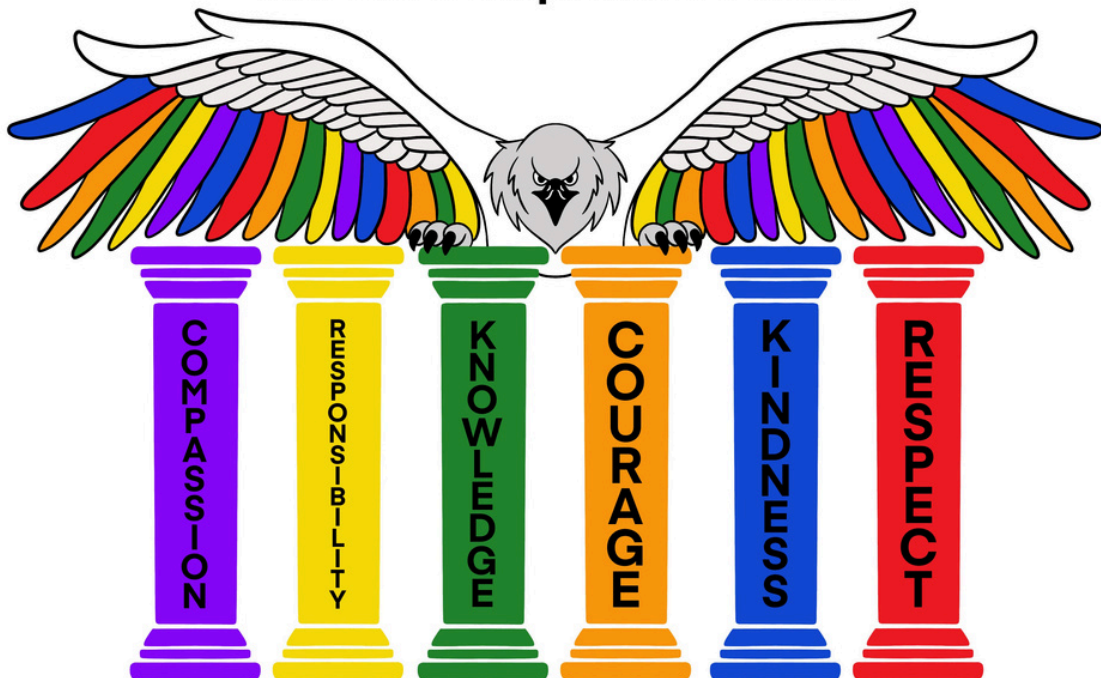


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## The Six Compassion Pillars



# Introduction - For Parents

Parenting is one of the most difficult jobs on the planet. It can be frustrating, difficult, and exhausting. Still, deep down we all hope to be good enough parents. We want our kids to grow up to be well-adjusted, healthy, happy, productive members of society.

The challenge of parenting is that it requires us to wear many different hats and play several different roles, many of which are new to us as parents. We all wish parenting came with an instruction or coaching manual. Unfortunately, most of us as parents are not taught the skills we need to take charge of our family and to resolve conflict effectively.

Families work best when adults are in charge, but often we don't know how to be in charge in champion ways. The good news is that we can learn how to parent better with some coaching, practice, and encouragement. This book has been written to help you and your family level up your character behaviors to learn tools and skills that will help you communicate and solve problems like Character Champion Families.

Take the time to read and discuss this book with your family when things are calm and peaceful, in order to create a conflict resolution strategy or game plan BEFORE disagreements erupt.

# Chapter 1:

## Learning Why Conflict Happens

After reading this chapter the reader will be able to:

1. Learn what a dysregulated nervous system is.
2. Learn what an attack of the extremes is.
3. Learn that people have different mindset preferences that cause family conflict.
4. Find out preferred mindset character qualities by taking a survey.
5. Learn the natural strengths for each of the four mindsets
6. Understand the extreme behaviors for each of the four mindsets.
7. Understand that it is never ok to hurt self, others or destroy property.
8. Realize that extreme behaviors always make conflicts worse.
9. Learn the 15 communication fouls.
10. Understand the dangers of using extreme behaviors.



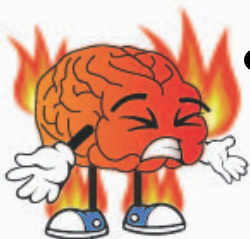
# Is Your Home Being Attacked By the Extremes?



Do people in your family sometimes get so emotionally upset that they act in ways that hurt others, hurt themselves, or destroy property?

Psychologists call this state a "dysregulated nervous system."

By the way, we'll be learning more about this in Chapter 2.



# Is Your Home Being Attacked By the Extremes?



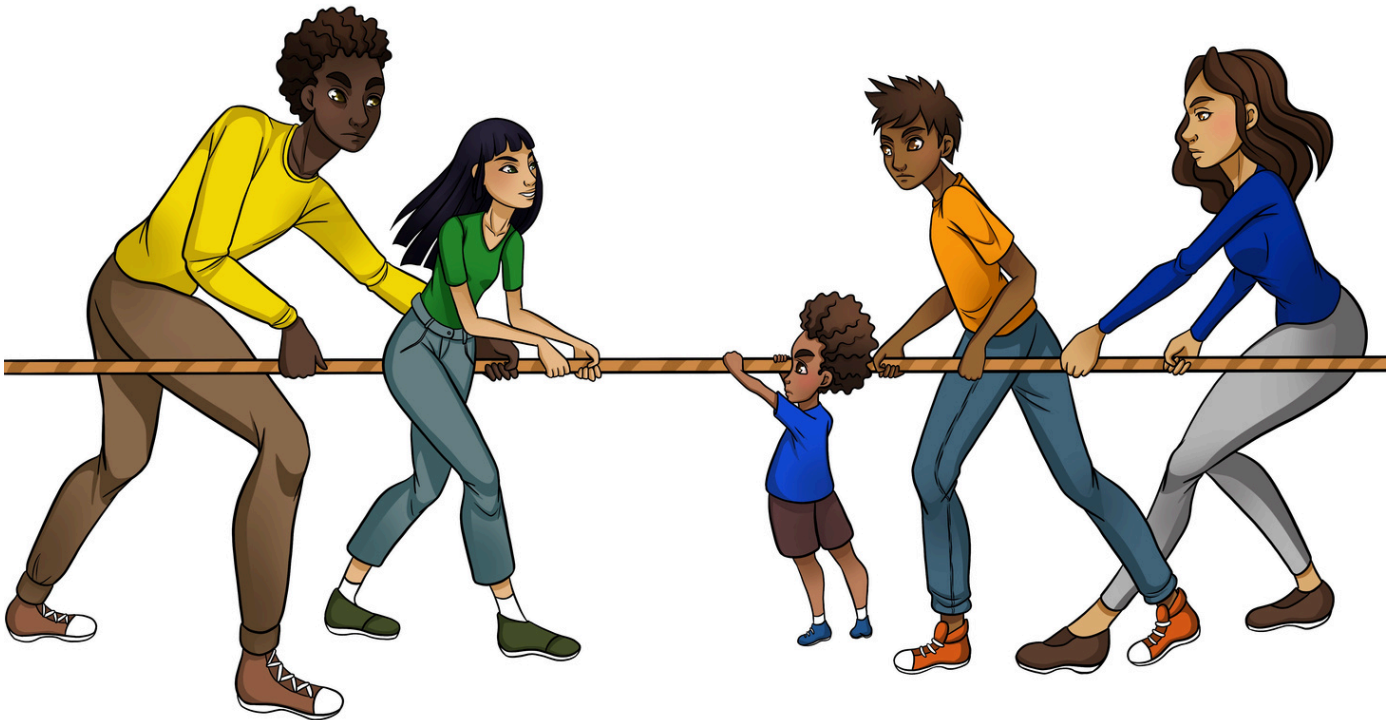
We can also think of this as an "attack of the Extremes" as in feelings of

- Extreme anger
- Extreme anxiety
- Extreme sadness.



# Conflict Is A Normal Part Of Life!

People naturally have different mindset preferences that cause them to perceive the world differently. These differences can influence our preferred wants, needs, values, character qualities, desires, and strengths.



As a result of these differences, conflicts occur in families because we each see the world differently.

# Understand Each Other's Differences

It's not a matter of good or bad versus right or wrong, it's simply about a different point of view.



It's very useful for family members to learn each family member's Preferred Mindset Character Qualities (PMCQ), to increase mutual understanding and reduce conflict.

You can find out each other's Preferred Mindset Character Qualities by taking the free PMCQ survey at [www.charactersurvey.org](http://www.charactersurvey.org).



# Every Family Member Has Natural Strengths

## I Have A Green Mindset And I am...



- Curious
- Rational
- Logical
- A Problem-Solver

## We Have A Blue Mindset And We are...



- Kind
- Caring
- Loving
- Peaceful

## I Have A Gold Mindset And I am...



- Responsible
- Reliable
- Dependable
- Organized

## I have An Orange Mindset And I am...



- Bold
- Brave
- Fun
- Loving
- A Risk Taker

# Every Family Member Has Attacks Of The Extremes

## Look Out For These "Extreme Behaviors"

Orange Extreme	Blue Extreme	Green Extreme	Gold Extreme
			
<p>Shouting out yelling at others</p> <p>Not following the rules</p> <p>Hitting-slapping Kicking</p> <p>Not staying in space; Leaving seat without permission</p> <p>Saying bad words or inappropriate words</p> <p>Acting too rough and hurting others</p> <p>Graffiti</p> <p>Threatening others and bullying</p> <p>Too hyper</p>	<p>Giving up-putting yourself down</p> <p>Whining clingy</p> <p>Crying all the time</p> <p>Getting feelings hurt too easily</p> <p>Pouting and sulking/refusing to talk</p> <p>Feeling sorry for yourself</p> <p>Meltdowns</p> <p>Wanting too much attention</p> <p>Nervous</p>	<p>Putting down others</p> <p>Bragging</p> <p>Calling others stupid/dumb</p> <p>Acting rude, always wanting to be first in line</p> <p>Thinking you know more than teacher</p> <p>Arguing throwing a tantrum</p> <p>Selfish</p> <p>Reading when you should be doing work</p> <p>Ignoring others</p>	<p>Tattling</p> <p>Bossing others</p> <p>Nagging</p> <p>Complaining about how others are acting</p> <p>Telling others how to act and behave</p> <p>Demanding your way</p> <p>Inflexible</p> <p>Trying to get others in trouble</p> <p>Judgmental</p>



# Say No To Emotional And Physical Violence!



Conflict is an inevitable part of life, but we can learn how to act like Character Champions. Acting like a Character Champion means we attack the problem, not the person.

# NO!

Champions know that behavior is a choice. They choose behaviors that do not hurt themselves, hurt others, or destroy property.

# What Are Extreme Behaviors?

Extreme behaviors are like behavioral weapons which attack people and can cause a lot of hurt feelings. These weapons damage and destroy relationships, which results in pain and suffering.



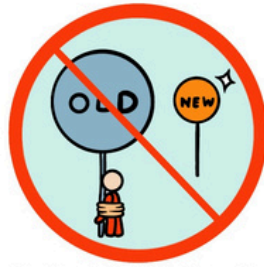
Beware: Engaging in Extreme behaviors, will cause conflicts to escalate.



# The 15 Fouls



1. No to Name Calling



2. No to Bringing Up The Past



3. No to Assuming the Worst



4. No to Yelling/ Screaming



5. No to Blaming



6. No to Making Threats



7. No to Stonewalling



8. No to Showing Contempt



9. No to Criticizing/ Put-Downs



10. No to Getting Even



11. No to Pushing/ Hitting



12. No to Bossing/ Demanding



13. No to Not Listening



14. No to Making Excuses



15. No to Not Taking Responsibility



# Extremes Behaviors Don't Work. Be on the lookout for "Fouls"!

When we behave in Extreme ways, we attack the very core of the people we care about. Our extreme actions can cause major psychological damage and trauma to other family members.

When we treat each other in unkind and unsafe ways, family members end up feeling not lovable, valuable, capable or free enough to be themselves.



We can learn to stop using Extreme behaviors by choosing to behave in champion ways. This book will teach you how by using Character Champions<sup>®</sup> family coaching tips and tools.

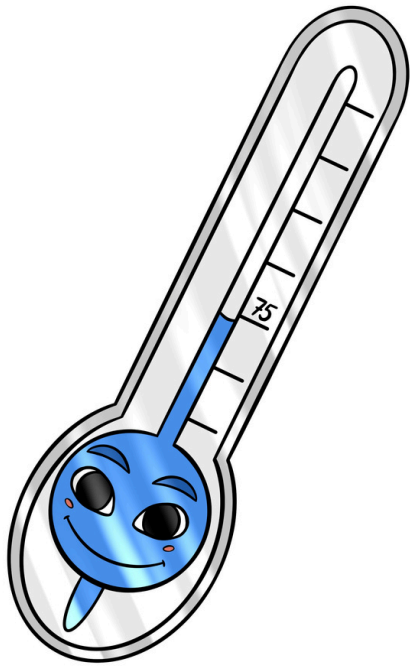
## Chapter 2:

# Learning about a dysregulated nervous system and the "Champ Zone™".

After reading this chapter the reader will be able to:

1. Understand what happens to your brain under stress.
2. Describe the importance of having your nervous system in the "Champ Zone™".
3. Recognize what happens to our bodies when we are in a stress response.
4. Identify the major challenge that every family must face when under stress.
5. Know what is needed to calm the nervous system and bring it back into the Champ Zone™.
6. Realize what is the responsibility of every family member for calming their nervous system.
7. Identify 25 ways to calm the nervous system.

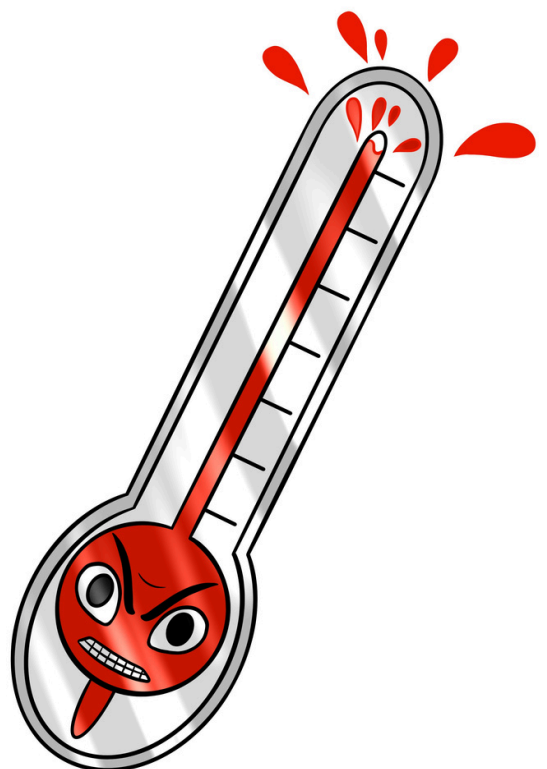
# When Anger Escalates



Did you know that your emotions and your ability to think and act like a champion are connected?

The angrier you get, the harder it will be to act in champion ways and resolve conflict peacefully.

As we become more upset, our brains get emotionally hijacked and we can't think clearly. We experience a stress response because we think or feel we are facing some kind of real or imagined threat. Our thinking brains go offline and we start reacting from our survival brains.

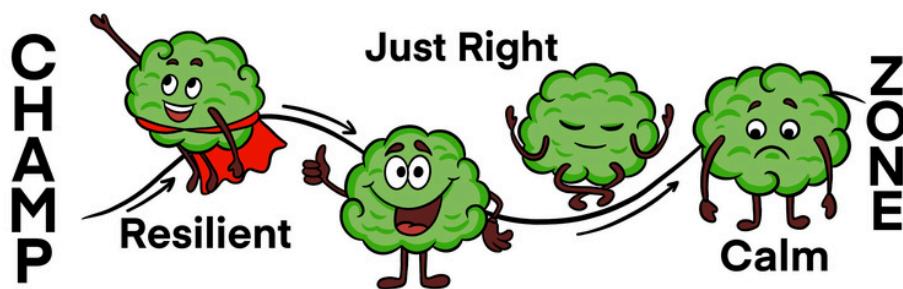




# Is your nervous system in the champ zone?

## What Zone Is Your Nervous System In?

### Dysregulated In Hyperarousal



### Dysregulated In Hypoarousal

#### What is the Champ Zone™?

The Champ Zone™ refers to the regulated levels of arousal in the nervous system in which a person is able to function most effectively (sometimes also known as the window of tolerance or the resiliency zone).

We are in the Champ Zone™ when we are calm, relaxed and our nervous system is not running too fast or too slow. We don't feel overwhelmed or threatened. When we are in the Champ Zone our thinking brain is able to cope with life's challenges and respond with more resiliency.

# When Anger Escalates

Our nervous system is dysregulated and we are out of our "Champ Zone™".

During these times stress hormones pour into our bodies and we are in a state of fight, flight or freeze. As stress continues to increase, our nervous system will become more and more dysregulated.





# When Anger Escalates

A major challenge that every family must face is how will we manage strong emotions when we are under stress? We must ask ourselves do we have the inner resources and strategies to calm our nervous systems to get us back into the Champ Zone™?



When family members haven't learned how to regulate their emotions it can disrupt their nervous system and they can find themselves over reacting to small stressors. Family life can become very stressful when we haven't learn how to successfully manage strong emotions.

Every family member has the responsibility to gain the inner resources and strategies to calm their nervous systems to get it back into the Champ Zone™ in healthy ways. It is very important that every family member understand that self-calming is a normal part of self-care that is routinely practiced by every family member.

# 25 Ways to Calm Down





Everyone must deal with feelings of frustration and anger from time to time, so we all need to develop ways to release those feelings.



When every family members understands this, feelings can be released in safe, non-harmful ways.

# Chapter 3:

## Ground Rules For Champion Results

After reading this chapter the reader will be able to:

1. Realize that just like games and sports all families need rules.
2. List the 6 ground rules for champion results.
3. Comprehend what it means to solve conflicts like a Character Champion.

# Rules For Behaving in Champion Ways

Do you know how to deal with conflict in champion ways? Probably not. That's because most of us were never taught how to handle conflict like champions. Just like games and sports have a set of rules to help us know how to play them, there are also a set of rules for handling conflicts constructively in the home environment.

The Character Champions Rules for Handling Conflict supports families by providing them with a set of guidelines for dealing with family conflicts in caring, constructive, loving ways.



By following these rules, families will experience less conflict and greater harmony.



## Ground Rules For Champion Results

1. Identify the problem.
2. Take responsibility for your actions.
3. Listen with an open mind.
4. Focus on problem-solving.
5. Attack the problem, not the person.
6. Treat a person's feelings with mutual respect and compassion.

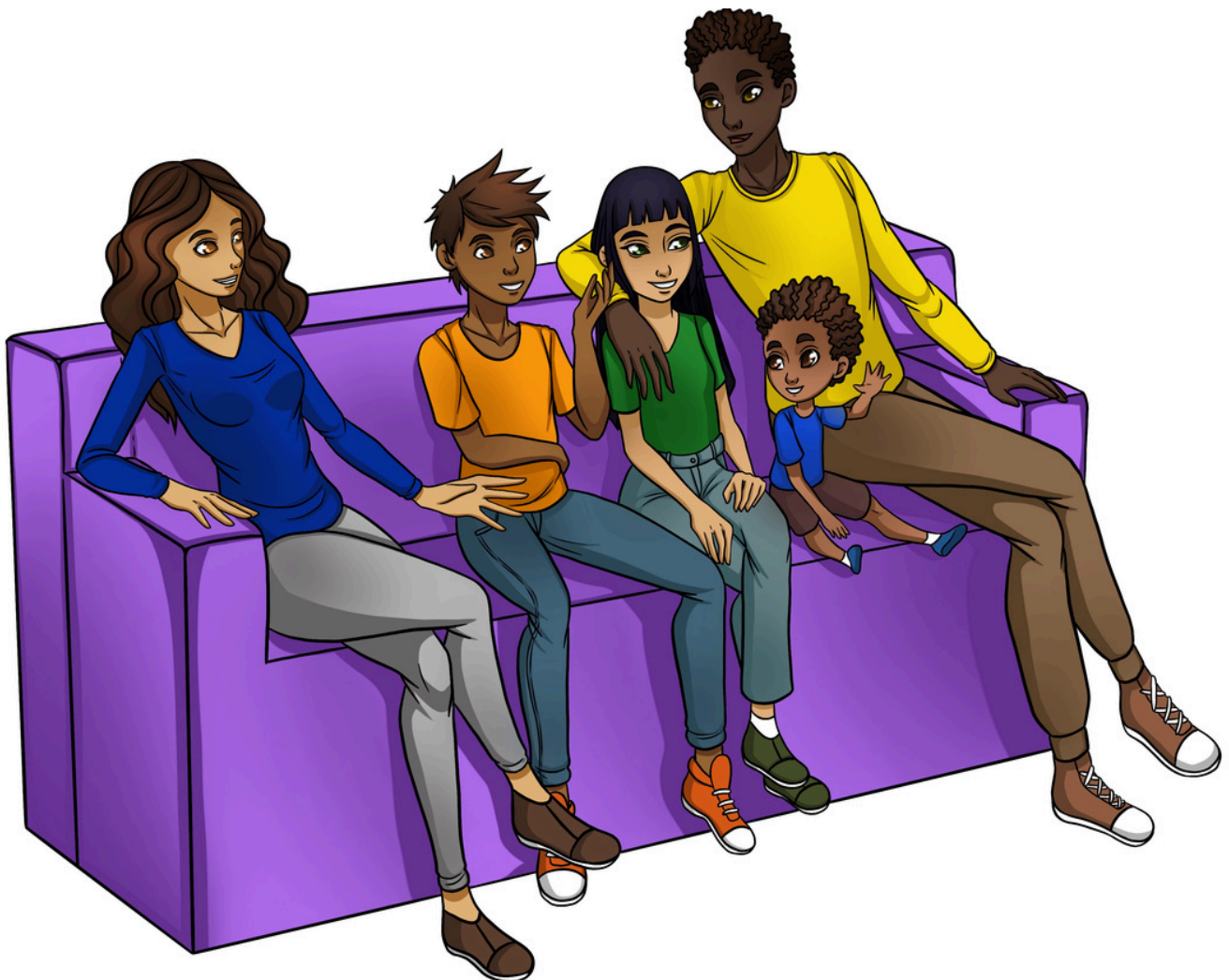


Solving Conflicts Like  
Character Champions Works!

# What Does Solving Conflicts Like A Character Champions Mean?

It means that your family:

1. Attacks problems not people, by managing conflicts and tensions
2. Builds relationships by looking for the win/win solution
3. Treats everyone with mutual respect and compassion
4. Validates feelings and conveys empathy
5. Repairs harm and restores relationships
6. Gives people control over their lives
7. Creates emotional safety
8. Helps people take responsibility for their behavior
9. Keeps the doors of communication open
10. Uses a common language for understanding differences
11. Develops a growth mindset as life-long learners



# Chapter 4:

## Family Meeting

After reading this chapter the reader will be able to:

1. Learn why it is important to find a good time to talk.
2. Understand the purpose of the family meeting.
3. List the family meeting ground rules.



## Think Before You Talk



It is really important to think about when it is the best time to talk about stressful subjects with family members.

Choosing the wrong time to talk can quickly create a conflict that starts just because it is bad timing for the talk.

# Call A Family Meeting

Ask them when is a good time to talk? Figure out when you can have a family meeting with everyone who is involved in the conflict. Make sure everyone agrees on the time and place.

Write it down. It is important that everyone involved is calm and relaxed.



Don't embarrass your family member in front of friends, relatives or other family members. Make sure you have enough privacy.

Don't try to force the conversation when your family member is not ready to talk.

# How To Have A Family Meeting

The purpose of a family meeting is to encourage open communication and nurture family relationships.

It is a safe place where everyone is free to say what they think and feel as they work together with mutual respect to make decisions and solve conflicts.



It is important to have meetings at least once a month.



# Family Meeting Ground Rules

1. Show up at the agreed upon time.
2. Turn off cellphones.
3. Have a clear purpose - Solve one problem at a time.
4. Establish ground rules - no extreme behaviours.
5. Pick a talking stick or other turn talking item.
6. Use open questions.
7. Be ready to listen.
8. Encourage everyone to participate.
9. Keep it positive. Use "I" statements.
10. Take a timeout if the meeting is too heated.
11. Find the Win-Win solution.
12. Make decisions by consensus.
13. End the meeting on a positive note.



# Chapter 5:

## Watch Out For Communication Traps

After reading this chapter the reader will be able to:

1. Understand the dangers of using "you" statements.
2. Learn the value of using "FBI" statements.
3. Learn how to use the "FBI" statements.
4. Comprehend why we don't use "why" questions.
5. Understand why it is important to not get defensive.
6. State why it is important to watch your tone when communicating.
7. Realize the importance of listening with an open mind.
8. List strategies for listening with an open heart.

# Watch Out For "You Statement" Traps

Don't step into the "You Statement" Trap!

When you use "You Statements" people often feel criticized, judged, and blamed.



They can feel like they are being attacked, which can put them on the defensive.



# Watch Out For "You Statement" Traps

It may cause family members to feel bad inside and damage their sense of self.



They may even counterattack and this can quickly escalate into even more conflict.

So what is a more effective response?

## Use "FBI Statements" Instead!

- What I feel?
- What's the behavior?
- How it impacts me?
- What I would like instead.



# Using "FBI Statements"

I feel \_\_\_\_\_(state the feeling)  
when \_\_\_\_\_ (state the behavior)  
and the IMPACT of this is \_\_\_\_\_  
(state the consequence of the behavior)

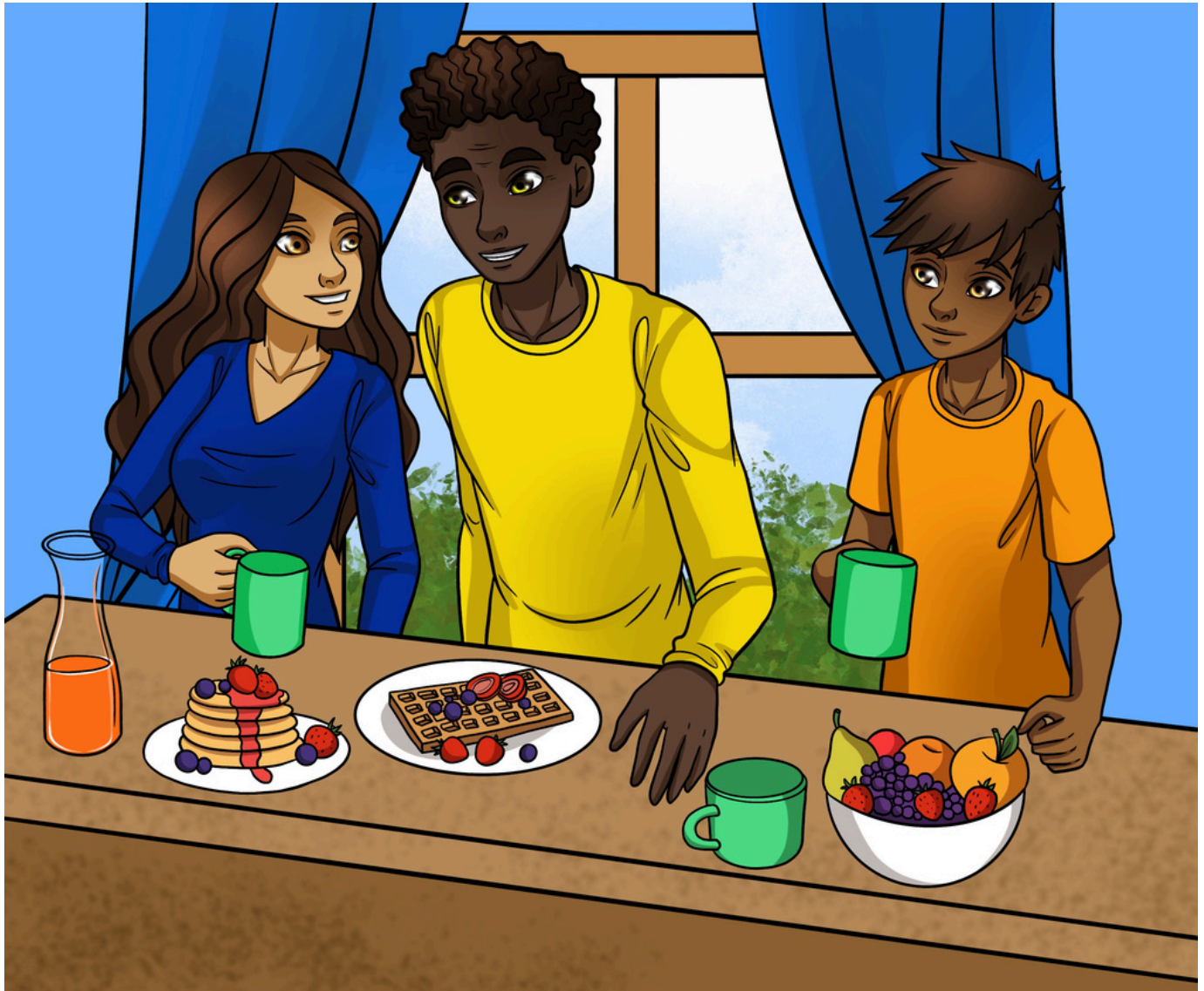
What I want instead is \_\_\_\_\_

Can we work together to make this happen?



# Using "FBI Statements"

One of the greatest challenges of family relationships is maintaining habits of kind communication when our nervous systems are dysregulated and we feel emotionally upset.



Use FBI language to help you know how to say what needs to be said in a non-attacking, non-blaming way.

# Using "FBI Statements"

Remember your goal is to talk about how you feel in a non-threatening way. Also when you state what you do want in the positive, rather than just complain and say what you DON'T want, the other person is much more likely to be willing to listen because they don't feel attacked or judged.



AVOID



Be willing to take responsibility for your part in contributing to the conflict.

Have the courage to apologize if necessary.  
This will help your family member calm down.

## Don't Use "Why?" Questions

When you ask someone why they did something, it may put them on the defensive.

They often end up making excuses and justifying their behavior, which is not helpful.



Often people don't know why they did a particular thing, and it may put them on the spot.

They may need time to gain clarification.



# Are You Getting Defensive?

Character Champions don't get trapped into becoming defensive or explaining their position.

You may have good intentions and want to make the other person feel better, by letting them know that what you said or did was not intended to hurt them.

You also may feel that their criticism is unfair or unjustified and think you have a right to defend yourself.



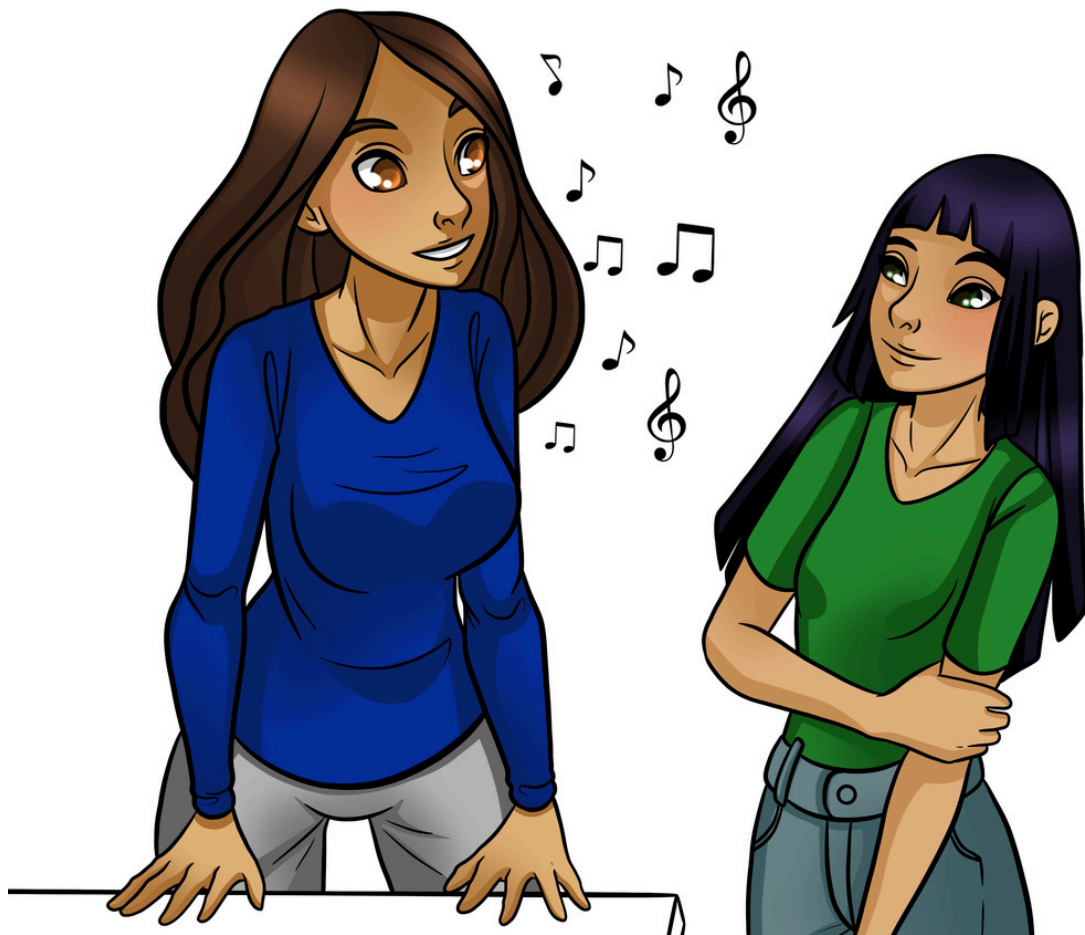
However; this way of responding ends up inevitably pouring fuel on the fire and simply escalates the conflict.

# Watch Your Tone!

Think about how different kinds of music affect you very differently. The tone of a person's voice has the same kind of impact on you.

Sometimes it's not only what we say, but the way that we say it that has a very strong positive or negative effect.

Did you know that it has been found that anywhere from 50% to 93% of our communication can be nonverbal? So, be aware of your nonverbal language. It matters.



Character Champions make sure to use a calm, cool and collected voice. Don't talk in a hostile, aggressive, or sarcastic way... otherwise, your communication will backfire and conflict will escalate.

## Listen With An Open Mind



Sometimes during an argument, it can be hard to listen with an open mind. Therefore, we close our minds and don't want to hear what they have to say. We can become stuck in our own fixed mindset.



# Listen With An Open Mind

Having a Character Champion's growth mindset means we're open to other perspectives and listen to the other person's point of view in an open and non-defensive way.



An open mind means that we:  
Seek first to understand, then to be understood.

# Listen With an Open Heart!

Strategies for creating a safe space to have difficult conversations:

- Listen to your family member. Do not interrupt them. Don't try to figure out your own response while they are talking. Take the time to really hear them out.



- Paraphrase and repeat back in your own words what you think they are saying. Check for understanding to make sure you heard them correctly.

# Listen With an Open Heart!



- Be like a detective and really try to understand the other person's perspective, and what is making them so upset. Remember there is no right or wrong, good or bad in the world of feelings.

(Investigate..."What is the most upsetting part of what I did?")



# Listen With an Open Heart!

## More Strategies.....

- Show empathy and validate the other person's feelings, even if you don't agree with their perspective.



- Defuse the bomb. ("I can understand how what I said made you feel bad. If I was in your position I would feel hurt too.")
- Really show the other person you care about them. Let them know their feelings are important to you.

("You matter to me. I care about your perspective.")

# Listen With an Open Heart!

- You may need to wait until the other person feels fully heard, understood and has calmed down before they're able to hear your perspective.

It is okay if you disagree.



- Let the other person know that you're willing to problem-solve with them in order to create a win-win solution.

("It's okay that we don't see eye to eye. Let's problem-solve a win-win solution, so we can both get our needs met.")

# Really Understand What the Problem Is

All behavior makes sense on some level, so don't invalidate the other person's feelings even if you don't understand why they're reacting so strongly. Allow everyone to fully explore what is bothering them, and why.



Ask open-ended questions that are non-judgemental and curious. Don't ask "why" questions.

When in doubt ask them - "What do you need right now? What can I do that would be helpful in this situation?"

# Only Deal With One Issue At A Time

When you are confronted by your family member about your behavior, there can be a temptation to turn the conversation around and say "well you did xyz as well. I am not the only one who did something wrong." This defensive tit for tat response can be a way of deflecting and avoiding dealing with the issue at hand.



This response is likely to escalate the conflict, piling issue upon issue. Character Champions address the issue at hand and only deal with one issue at a time. Once the first issue has been resolved, then find an appropriate time and place to address other issues.



# Chapter 6:

## Learn To Be Assertive

After reading this chapter the reader will be able to:

1. Distinguish the difference between being passive, aggressive or assertive.
2. Understand why it is important to leave the past in the past.
3. List 10 harmful extreme reactions to avoid.

## Choose To Be Assertive Not Passive or Aggressive!



One of the challenges in building healthy family environments is to come from a champion, assertive mindset.

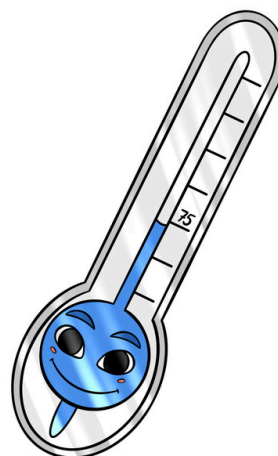
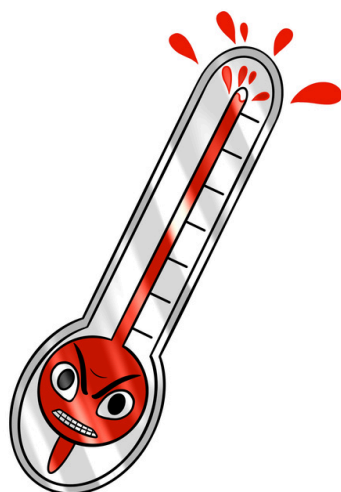
Realize that some family members may naturally have a more passive, conflict-avoidant mindset, while others will show a more aggressive, conflict-prone mindset.

## Choose To Be Assertive Not Passive or Aggressive!

For family harmony, the family as a unit will need to adopt an assertive mindset toward conflict.

If some family members are too passive, their avoidance of conflict may eventually cause them to build up anger and resentment. This may lead them to eventually reach a point where they blow up.

When this occurs, they can go from being passive like Dr. Jekyll, to overly aggressive like Mr. Hyde.



Being a Character Champion means we say what we want and need in a calm, cool, collected way, and we do it in a timely manner without being too passive (cold) or too aggressive (hot).

# Leave The Past In The Past!!

Often when we are upset there can be a temptation to bring up all the past times the other person has wronged us.

We throw in the kitchen sink.

Now not only are we dealing with the issue that has come up, but we reopen past wounds and injuries that we had hoped we'd put to bed a long time ago.



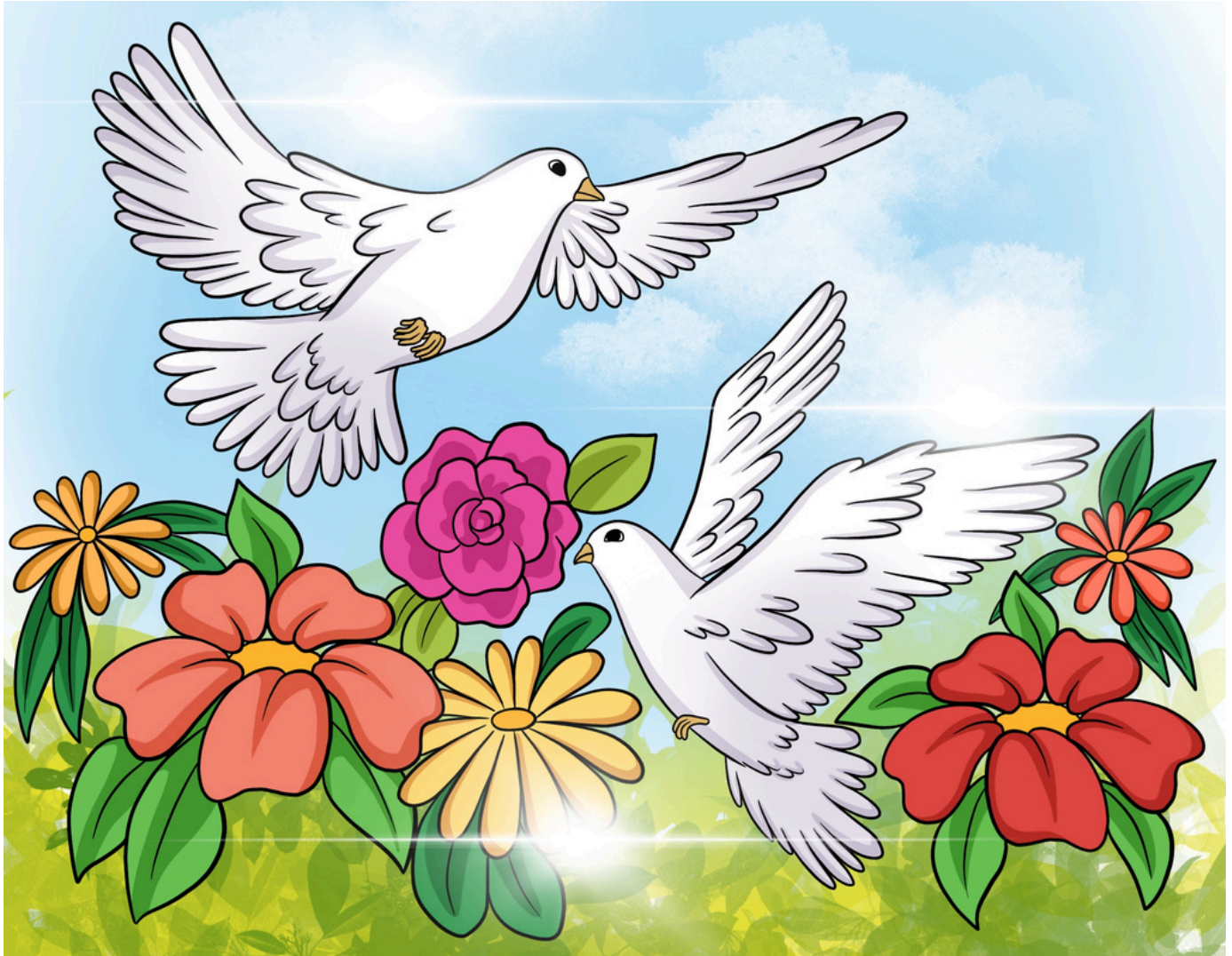
Just deal with the issue at hand. Live in the present.  
Don't perpetuate the past by bringing it into the future.



# Leave The Past In The Past!!

Move from a victim mindset into a creator mindset.

Cultivate mindfulness - live in the here and now.



If there are unresolved feelings from other incidents, save them for another time and place to discuss when things are calm.

Focus On The Issue At Hand

## 10 Harmful Extreme Reactions to Avoid:

1. Name calling
2. Excuses
3. Changing the Subject
4. Blaming
5. Threatening Behavior
6. Sarcastic Remarks
7. Bringing Up the Past
8. Tit for tat - Revenge
9. Lying
10. Gaslighting (~for instance, denying that something happened when it did in fact happen.)



There are times when our family members may slip up and fall into these Extreme reactions. It's important when this happens to not fall into the trap and take the bait.



If we can remain calm, centered, and non-reactive this will help the other person calm down without making things worse.

You may need to take a deep breath, call a 15-minute timeout, and reassure yourself by saying "If I can just stay centered and calm, everything will be okay."

...Don't pour fuel on the fire.

# Chapter 7:

## Upset Buttons and Behavior

After reading this chapter the reader will be able to:

1. Understand what "upset buttons" are and the role they play in family conflict.
2. Learn whose behavior you can and can't control.
3. Learn strategies for calming upset buttons.
4. Comprehend the value of using a positive approach when communicating with family members.
5. Identify whose responsibility it is to help family members work together in healthy ways.



# Everyone Has Upset Buttons



Sometimes family members have strong, intense emotions. It doesn't matter what age a person is, everyone has them from time to time.

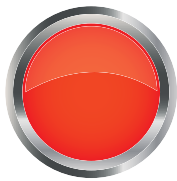
Ever wonder why?

When our reactions are extreme, this often has its roots in the past, to some event(s) that have occurred.

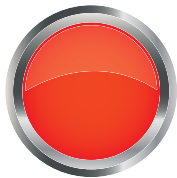
If something reminds us of those events, it triggers an extreme emotional response.

# Everyone Has Upset Buttons

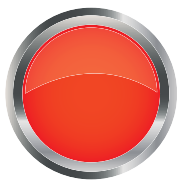
These triggers or reminders are called "upset buttons," and they can be particularly sensitive.



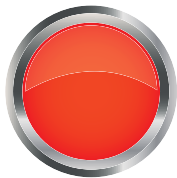
Sad



Angry



Frustrated



Disgusted



Some of these emotional issues have been with us since childhood, and that's okay and normal.

Everyone has upset buttons. Woe to the family member who pushes another family member's upset button! Look out - we may get a BIG response!

## Everyone Has Upset Buttons

And we have our own upset buttons, too. So it's important to remember that although we want our family members to be sensitive to our feelings, our strong reactions are not always just about them, or what they said or did. Try not to blame them too much if they touch one of your upset buttons.



Upset buttons come with a history, and that history is filled with emotional reactions that can spill all over the place.

# Whose Behavior Can You Control?

We have good news and bad news for you. The bad news is you can't control what other people do. The good news is you can control your own behavior.

Rather than focusing on what the other person does or doesn't do, focus on questions like ...

"What can I do to make the situation better?" and  
"What is my part in creating this conflict?"





# Whose Behavior Can You Control?

If you change your behavior and use a more positive approach, this often shifts the behavior of others. You have influenced them in a way that inspires them to be better.

You often have much more power than you think, to create positive change!



It is the responsibility of the adults in charge to help family members work together to act in ways that support healthy behavior choices so that everyone can be their best selves.

# Chapter 8:

## Create A Win/Win Family

After reading this chapter the reader will be able to:

1. Understand the difference between win/win and win/lose in a family.
2. Realize how to create a win/win solution that works for everyone in a family.
3. Understand why conflict occurs in a family.
4. Explain why the ideas of everyone in the family must be considered when solving a conflict.
5. Understand that all families make mistakes and that we learn together by failing forward.
6. Know when to get professional help.
7. Know how to use the S.O.A.R signal to solve family problems and make decisions.
8. Learn how to build a CC family house.
9. Summarize how to solve problems like a Character Champions Family.
10. Identify the 6 compassion pillars

## Create a Win-Win Solution!

Let's figure out how to create a win-win solution that works for everyone.

We don't want a situation where one person wins, and the other feels that he or she "loses."

This will inevitably create anger and resentment, and will backfire in the long run.

*Win/Lose*



# Create a Win-Win Solution!

Being in a family means that you learn to think about not only your own needs but also the needs of other people in the family. Conflict occurs in families when an individual thinks only about what they themselves want or need.

When there's a win/win solution, you and other family members find a way for everyone to get their needs met.

A family is a "We," not just a "Me."





## Create a Win-Win Solution!

Sometimes it takes lots of brainstorming and thinking outside the box to come up with a truly creative solution to find the win-win. Remain open to possibilities that you never thought of before.

Value and take into consideration the ideas of **EVERYONE** involved in a conflict.

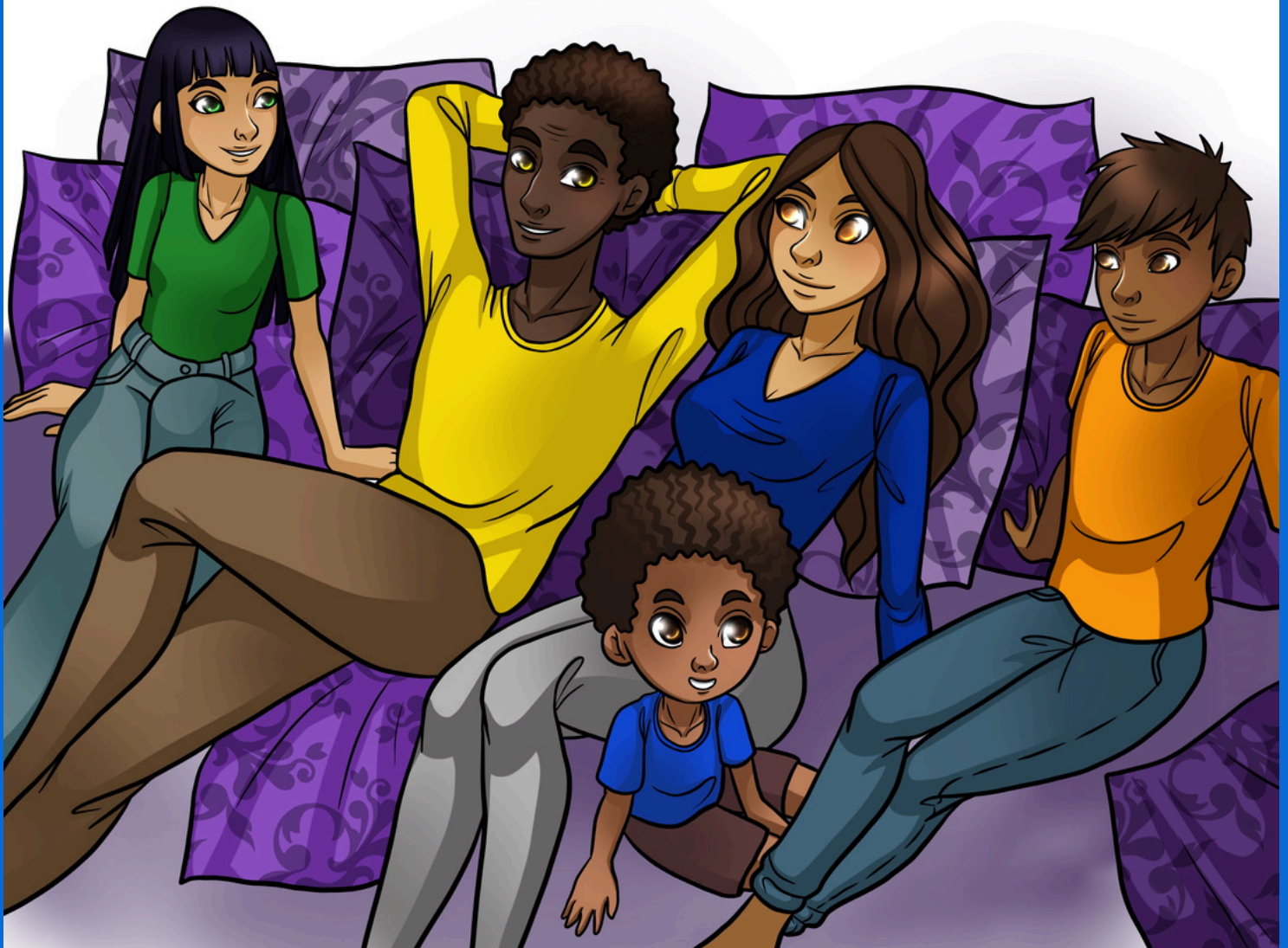


Family members are more likely to make positive changes in behavior when parents do things with the kids, rather than to them or for them.

## Lighten Up!

Have reasonable expectations. Don't sweat the small stuff. Know when to let things go that are not a big deal. We all mess up from time to time. It is ok, we're all just human.

If we can bring a friendly, good-natured sense of humor to the situation, it will make the situation more lighthearted and bearable. It's okay to laugh at yourself.



Remember that the only true mistake is the one that we don't learn from! That is why it's important to teach each other to fail forward.

"Fail forward" often--embrace your mistakes and be glad to learn from them!

# Know When To Get Professional Help

There may be times when it is too hard for families to resolve conflict on their own, or they may want to learn better coping skills. Having the help of a professional coach or therapist may make all the difference.

If you want to level up and create a Character Champion family, don't be afraid to reach out for help. It takes a lot of courage to do this.

It is a sign of emotional health when family members are willing to adopt a growth mindset. It's a sign of strength when you reach out for support to gain skills to help solve conflicts when you're not able to solve them on your own.



No one is born knowing how to solve difficult family situations. That's why therapists and coaches help others learn those skills.



# Use the **S.O.A.R** Signal to Win

Use the S.O.A.R sign to train your brain to follow the four S.O.A.R steps to guide your thoughts, feelings, and actions in Character Champion Healthy, successful ways.



## Stop

**Coach yourself to think and act like a Character Champion.**



## Observe

**Ask yourself to 4 Champ questions: "Is it...Smart? Safe? Kind? Brave?"**



## Act

**Do your C.C. Action plan.**



## Review

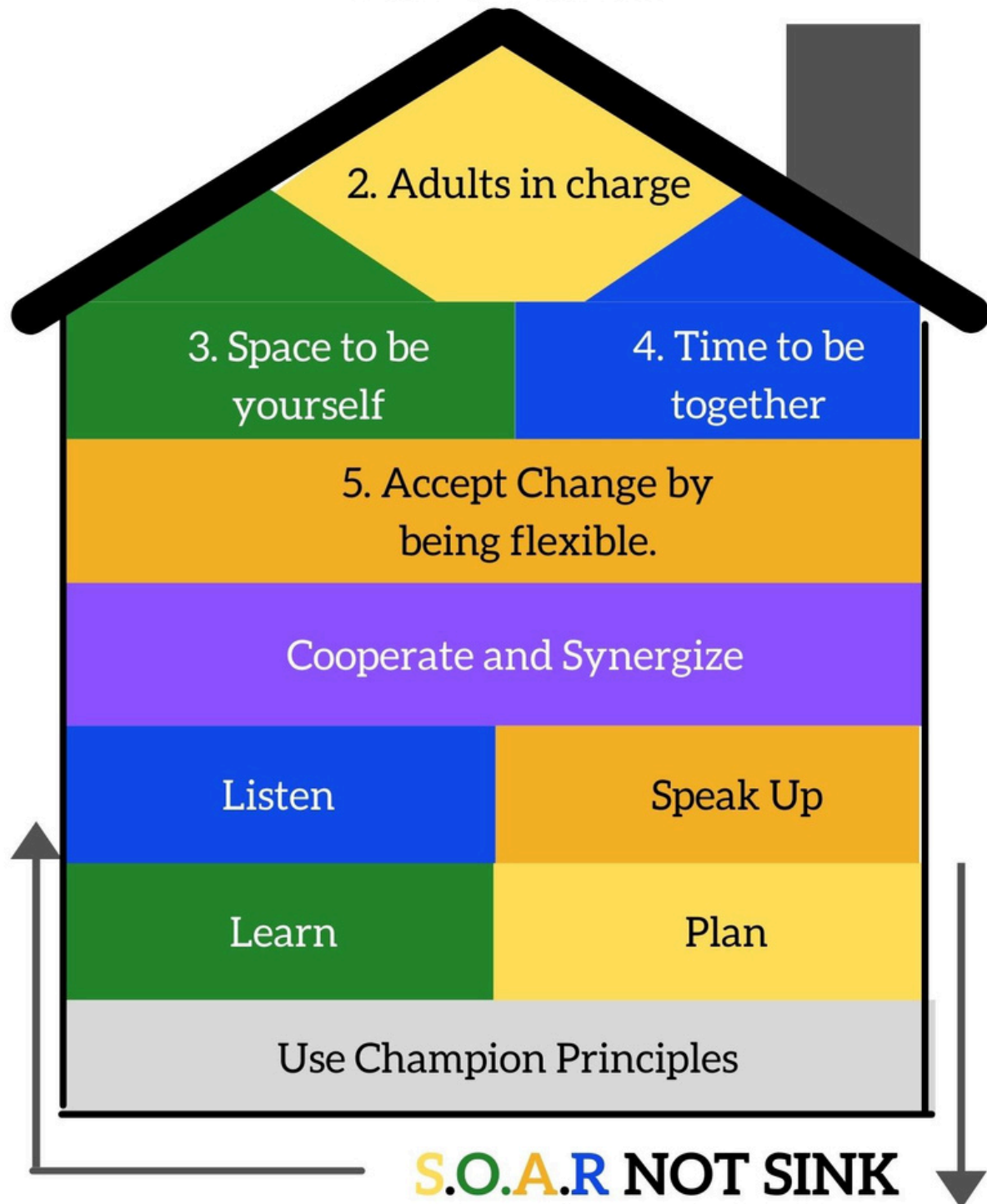
**Did I Solve the problem in a Win-Win way?**

Families can use the SOAR steps to guide their behaviors by acting in smart, kind, brave, and safe ways, to help them treat each other with compassion.



# How To Build A CC Family House

Components For  
1. Family Wellness



# **Take Away**

## **Here's How To Solve A Problem, Like A Character Champions Family**

### **GROUND RULES**

**Listen without interrupting**

**Be willing to solve the problem**

**Tell the truth**

**No Extremes**

**Each side tells his/her story**

**Each side says how he/she feels**

**Both sides thinks of several solutions**

**Both sides pick the solution they can live with**

**Each side is responsible for carrying out the agreed-upon the solution**

**Each side says something positive to the other**



## Conclusion

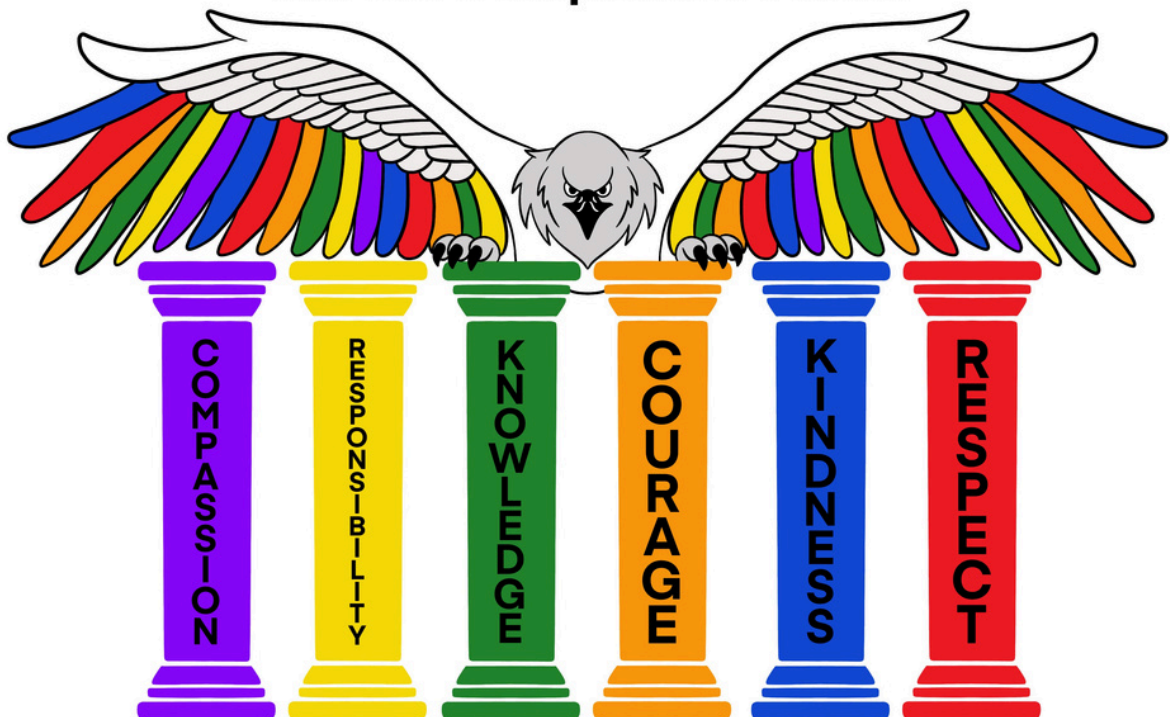
### Creating a Character Champion Home!

Solving Conflicts Like Character Champions transforms a family home that is being attacked by the Extremes into a character building fortress with the six compassion pillars.

Using the virtues of kindness, knowledge, responsibility, courage, respect, and compassion, "hurts" are healed, mistakes are forgiven, feelings are listened to, family members are understood, and fears are replaced with safety.

Family members start to know and feel that they are unconditionally loved, valued, and seen as capable to become free to grow into their highest natural, potential. Strong emotions are managed in healthy ways using inner resources and family strategies to promote family well-being.

#### The Six Compassion Pillars



## About Our Authors

Diana Chavez Ketterman, PhD



Dr. K. is a licensed educational psychologist with more than 40 years' of experience working in schools and private practice, who shares her expertise internationally with families, school districts, hospitals, churches, civic/business organizations, community colleges, and universities. Author of several books about individual differences, parenting and life-long success, Dr. K. and friends are passionate about sharing the value of Character Champions for building compassionate communities and making the world a better place. Whether you are 3 or 103, you can discover the secrets of the CC Code and S.O.A.R. in ways you have never dreamed of. Come learn with us the tools you need to spread compassion—not Covid-19—in fun, interactive, and useful ways.



## Yisraela Ketterman, M.A



Yisraela Hayman has been practicing in private practice as a Licensed Marriage & Family Therapist for the past 11 years and is passionate about making the world a better place. She is the mother of four adult children who are 32, 30, 27 & 22 years old. Her little therapy pup "Amora", often joins in sessions and provides her clients with that little extra bit of warmth, licks and love that is so often needed to assist clients in their healing journey. Yisraela also is dedicated to nurturing the development and training of future therapists, and in that capacity has been working as a supervisor for Grow UR Potential and other agencies for the past 7 years.

She is on the board of Character Champions Behavioral Health & Wellness which is a non-profit dedicated to helping educate and empower people to create psychological wealth by understanding themselves and others better. The aim is to help people transform their relationships and bring the world just a little bit closer to achieving world peace. Her web address is [www.yisraelahayman.com](http://www.yisraelahayman.com).



## What Do You Know About Family Conflict vs Family Well-Being?

What if we could give our children a more, peaceful family environment that worked together to solve problems and helped each family member feel more lovable and valuable?

Family members often have different personalities and mindset preferences. Rarely are all family members the same. Nor should they be. These differences in personality can cause natural family conflicts.

Does your family know how to deal with family conflict in champion ways?

Thanks to the development of Character Champions Family Coaching Tools, families now have access to the CC Well-being Family Rules and Guidelines for Success.

Family Conflict may be inevitable. Yet hurting each other does not have to be the norm. Families can learn to fight in fair and healthier ways when they are provided the right kind of family coaching tools. The use of the Character Champions Family Coaching Tools makes it possible for family members ages 3 and older to effectively communicate with each other and productively solve problems together. This book teaches you how to do just that.



[www.characterchampions.org](http://www.characterchampions.org)



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