

Family Communications Map

Creating a DISC Family Communications Mapping Worksheet can be an excellent tool for families to understand each other's communication styles and improve interactions. Here's a template for such a worksheet:

DISC Family Communications Mapping Worksheet

Instructions:

1. **Identify Family Members:** List all family members and their corresponding DISC personality type.
2. **Describe Communication Styles:** Note down each member's communication preferences, strengths, and potential challenges.
3. **Mapping Interactions:** Map out how each family member typically interacts with others, highlighting areas where communication might flow easily or encounter difficulties.
4. **Improvement Strategies:** Suggest ways each family member can adapt their communication style to better connect with others.

Family Member/DISC Type	Strengths	Challenges	Triggers	Communication Tips



Additional Notes:

- **Family Meetings:** Schedule regular family check-ins to discuss how these strategies are working and adjust as necessary.
 - **Feedback Loop:** Encourage open, honest feedback among family members about communication preferences and challenges.
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Notes:

