

Exercise: Family Role Identification

This exercise helps couples and families to identify key roles, strengths and challenges that each family member contributes.

- Each family member identifies their role (e.g., leader, peacemaker, problem-solver) and reflects on how their DISC profile aligns with this role.
- **Questions to ponder**
- How can each person's style be supported to enable the family to use their natural style?
- How can each person be supported to avoid over-use of their natural style?

DISC Styles in the Family

Dominance (D) in the Family:

- Characteristics: Direct, assertive, result oriented.
- Strengths and Challenges: Discuss the strengths and potential challenges of a "D" style family member.
- **Activity:** Family members discuss how they perceive the "D" member's style and how it affects family dynamics.

Influence (I) in the Family:

- Characteristics: Sociable, enthusiastic, persuasive.
- Strengths and Challenges: Discuss the strengths and potential challenges of an "I" style family member.
- **Activity:** Role-play scenarios where the "I" member's strengths can shine and discuss how to support them in challenging situations.

Steadiness (S) in the Family:

- Characteristics: Calm, reliable, team oriented.
- Strengths and Challenges: Discuss the strengths and potential challenges of an "S" style family member.
- **Activity:** Reflection exercise where family members appreciate the "S" member's contributions and discuss how to avoid taking them for granted.

Conscientiousness (C) in the Family:

- Characteristics: Analytical, detail-oriented, cautious.
- Strengths and Challenges: Discuss the strengths and potential challenges of a "C" style family member.
- **Activity:** Collaborative problem-solving session where the "C" member takes the lead in planning a family project.

