



The 7-point check-list for coping with a difficult family member



	Energy Sapper	Steps to address this
Trap 1 ☐	The Appreciation Trap Are you constantly seeking appreciation from your DFM?	Avoid expecting acceptance or appreciation. Still mention that you've done the things for our DFM... not for their appreciation, but to bring it to their awareness.
Trap 2 ☐	The Hope Killer: Are you always hoping that your DFM will change?	Learn to accept that their bubble will not allow them to see things the way you want them to see it. It's just what it is. They may change... But living your life off this expectation will overwhelm you. Start living your life from the perspective that they may not change.
Trap 3 ☐	The Rumination Trap: Do you find that you can't stop thinking of past pains or hurts caused by DFM?	Use any form of distraction that works for you to stop yourself from doing this. The more enjoyable the better. The bonijela technique is a very good one for this, as it helps you to deal with the content of your thoughts at the same time.
Trap 4 ☐	Your DFM's Drip-drip Laser Beam: Do you feel like you are under constant interrogation from your DFM?	Learn to get really good at letting things come into one ear and go out of the other. Occasionally voice that they are being over critical and you don't like what they are saying.
Trap 5 ☐	The Emotional Shark : Do you always come away from your DFM feeling completely drained?	Learn to take communication and interaction with your DFM lightly. Call into mind that issues raised or experienced are more about your DFM and their bubble defences and not about you. This is how they treat most people. Attacking people around them without awareness.
Trap 6 ☐	The Confidence Killer: Is your DFM managing to keep you Isolated from others?	Your DFM wants to convince you that you are in the wrong, and that you are worthless and useless. The more Isolated they can keep you, the easier this becomes for them. So work really hard to avoid becoming Isolated from others as this will help you check things with others. So you will remain more objective and avoid being gaslighted.
Trap 7 ☐	The Identity Eraser: Have you stopped existing and are you just living to fulfil your DFM's demands?	Invest time in the following: • Researching and doing enjoyable activities • Finding ways to develop yourself • Planning enjoyable thing for the future • Engaging in learning activities that teach you how to make things better in your life