

Ceasefire at Home

Untangle the knots in your house, starting with yourself. Three pages, three weeks.

Every house has fights. Some are loud. Some are silent.

A father and a mother who stopped talking about anything that matters. A parent and a child who have the same argument every evening. Brothers and sisters keeping score. A house where nobody shouts, dinner still happens, and everyone lives on a private island.

Silence is not the same thing as peace. A house can be quiet and still be at war.

This is not a painkiller. It is surgery.

A painkiller is a new rule, a new punishment, a new promise that lasts three days. These pages go to the root: what the fight is really about, what part I play in it, and what the others give me that I have been reading wrong.

How to use these pages

1. **Print one copy for each person.** Adults, and children from about ten. A younger child can answer page three out loud while you write for them.
2. **One page a week.** Week one: find the root. Week two: me first. Week three: around the table. Then keep the pages. Read them again in a month.
3. **Write by hand, on paper.** What we write, we remember. What we only say is gone by morning.
4. **Pages one and two are private.** Nobody reads another person's page without being invited. Page three is shared.
5. **This is not a courtroom.** Nobody is on trial. We are not collecting evidence against anyone. We are trying to see the whole picture.
6. **Fights between the parents stay behind a closed door.** If the knot is between the two of you, do page three alone together, then come out to the children with one answer.

If anyone in the house is being hurt, threatened or is afraid for their safety, these pages are not the next step. Talk to a doctor or a local support service first. If someone is in danger, call your local emergency number.

Find the root

The problem you see may not be the problem you have.

Week one

1. The fights in our house are mostly:

☐ Loud ☐ Silent ☐ Both

2. Between whom? Tick all that fit.

☐ The parents ☐ A parent and a child ☐ Brothers and sisters
☐ Someone from outside the house

3. The one fight that keeps coming back. Describe it like a film: what happens, who says what. No labels like "lazy" or "selfish".

4. When does it happen? Time of day, place, who is tired or hungry, what came just before.

5. Under the surface, what do I think it is really about? Tick what feels close, or write your own.

☐ Someone doesn't feel seen ☐ Something feels unfair
☐ Two adults saying two different things ☐ Too tired to care
☐ An old hurt nobody closed ☐ Someone from outside pulling

6. The label I have given someone at home, and what I actually see. "He's lazy" → "He doesn't start homework until I shout."

The label	What I actually see

Me first

Each of us opens our own account before we open anyone else's.

Week two

It is easier to fix a child than to look at your own tone. Easier to list what the others do wrong than to see what you do. This page is only about you. Be honest. Nobody else will read it.

1. My part in the fight that keeps coming back. What do I say or do that keeps it going?

2. Where I have fallen short with each person at home.

Name	Where I fell short	One thing I will do this week

3. Something I ask of the others that I don't do myself.

4. A sentence I said that I wish I could take back.

5. One apology I owe. To whom, and for what?

An apology is not weakness. "I was wrong" is one of the strongest things a parent can say. But don't apologise for a fair limit. Apologise when you wronged someone.

Around the table

Several people can be giving at the same time, and each one feels they are the only one giving.

Week three

Before you sit down: pick a calm evening, not the night of a fight. Phones away. One person speaks, the others listen to the end. No "yes, but you..."

1. The good the others do for me, that I was reading wrong.

Name	What they do for me	How I read it before	What I think it really was

For example: *Mum asks where I am every hour. I read it as control. I think it was worry.*

2. Each person picks one question to ask another, and writes the answer they hear.

- When did you feel I wasn't listening to you?
- What do I do that makes you feel loved?
- What is one thing I could stop doing?
- What do you carry at home that nobody notices?

I asked:

The answer I heard:

3. Our full stop and new line. One sentence the whole house agrees on, starting today.

Signed by everyone at the table			