

YOUR PARENTS

List 5 things your parents have done for you for which they have received zero benefit ie.

1

2

3

4

5

Why do you think they do each of these things for you?

1

2

3

4

5

List 5 things you could do for your parents to show your appreciation for everything they do for you.

1

2

3

4

5

Examines the influence of emotional responses on behaviour and relationships

