



**Family Communication & Relationships**  
 Seeds for the future...


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Getting out of the weeds, and finding the places where the weeds are too thick, is a challenge.




- What's important to you?
- Have you considered your own communication style? The style of family members?
- How do your farming practices reflect your values?



**What is important?**

Name: \_\_\_\_\_  
 Please fill this out for yourself and with your family members in mind. Where there is a blank, write the person's name you are thinking about for the answer.

	Business	Personal
What issues do I care about?		
If I were in _____'s shoes, what would I care or worry about?		
If I were in _____'s shoes, what would I care or worry about?		




**Thinking ahead...**



Please reflect on these questions and write your thoughts. Use a separate sheet of paper if needed.

Name: \_\_\_\_\_

1. What is (are) the primary issue(s) from your perspective?
2. In what ways do you work well with one another?
3. In what ways is working together a challenge?
4. What is your vision of what you want things to be like? What steps – large & small – might be needed to make this vision happen?
5. How do you regularly communicate with others – e.g., are you a "talk action person", direct & brief, or do you need to process things before speaking about them? Do you tend to put ideas first or relationships first? Are you a "big picture" thinker or do you need the details?



6. How do you regularly communicate as a farm family and is it working from your perspective? (e.g., scheduled business meetings vs. scheduled family meetings? Hodgepodge approach? Ground rules in place?)
7. How do you regularly, as a farm family team, solve problems?
8. Are there clear roles and responsibilities on the farm? Do you think the roles play to people's strengths?
9. From the perspective of others in the family, what do you think the biggest issues are?
10. What are your greatest strengths as a family?



Resources

- <https://extension.umaine.edu/beginning-farmer-resource-network/supporting-relationships-for-farm-success/resources/>
- <https://extension.umaine.edu/publications/4803e/>
- <https://extension.umaine.edu/agriculture/farmers-under-stress/>



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