Assignment 6: Family Communication and Unpredictable Stress

*Using a minimum of two full pages*, consider a defining moment in your life that relates to an issue addressed in chapter 11. Fully describe the situation and note why it was a life-changing moment for you. (Ensure you provide a complete description (i.e., Who? What? When? Where? Why? How?). Next, use the Family Stress Model (also referred to ABC-X or double ABC-X models) to map out the stressors, resources, and outcomes involved.

You are welcome to describe an event of a **positive or negative nature**.

Assignment Details and Reminders:

* This assignment will be worth 10 points. The grading rubric is as follows:

4 points = full description of one defining moment in student’s life

4 points = application of the Family Stress Model to the defining moment

2 points = paper is well-written (e.g, spell-checked, written in sentences, legible to the reader) and follows these guidelines:

* + Type your name at the top of your paper.
  + Use APA format for citing resource in your paper.
  + Do not use contractions (e.g., y’all, don’t) in your writing.
* Upload your assignment using the assignment link.
* Attach your assignment in *Microsoft Word format*.
* It is your responsibility to be sure you have attached the correct file. A file with other work or no work will not be accepted, and your assignment will be regarded as late. (See late policy in syllabus.)