

MODULE

02

Deepening Your Understanding of Change

MODULE 02

Homework



MODULE

02

*Maureen's
Core Issues*



Maureen's Core Issues

- ▶ Having to perform in order to avoid negative reaction from mom
- ▶ Learning gets paired with RESPONSIBILITY
 - Has to take care of Trish at school
 - Doing Trish's homework
 - Doing all the chores around the house
- ▶ She is a nothing
 - Invisible
 - No self esteem

Maureen's Core Issues

- ▶ Overwhelmed
 - Too much to do
- ▶ Isolated at home
 - Few friends
 - Not doing much outside the home
- ▶ Holding herself back
 - So she doesn't leave dad behind

MODULE

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*Maureen's
Storyline*



Maureen's Storyline

- ▶ She likes learning – source of self esteem.
- ▶ Pressured to do well to avoid mom's anger
- ▶ RESPONSIBILITY
 - Trish's wellbeing at school
 - Trish's homework
 - Chores at home
- ▶ Her ability to learn was the source of her self-esteem
 - The year at home with THE BOX
 - Social isolation
 - No validation
 - Food is company

Maureen's Storyline Cont'd

- ▶ Working at home during COVID has been negative
 - No validation
 - No interaction
 - Invisible
- ▶ Hugh's invalidation – triggers her
- ▶ At home she feels responsible for everything
- ▶ If her family needs her she jumps right in without a thought – gets validation, recognition and acceptance

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Maureen's Change



No. 01

Adult Moe meets 14-year old

What happens when they meet?

- ▶ An adult who sees her
 - Recognition/validation
- ▶ Clarifies in adult Mind who she really was as a child
- ▶ Confirmation for the child of who she becomes

No. 01

Changing the Part

Changing the Part

- ▶ **Stand in the shoes of young Maureen**
 - Can feel her sense of invisibility
 - She really cared for dad and Trish
- ▶ **Her goodness is innate**
 - Knowingness
 - It's why other people responded to her as they did.
 - HUG
- ▶ **Update**
 - She couldn't fix her parents – it was up to them
 - People did see what was happening
 - ADMIRATION – she did all of that without help...

Changing the Part.

- ▶ **Realizations**
 - I was true to myself
 - I did things the way I thought
 - Family comes first – I'm loyal
- ▶ **HAPPY**
 - I did all that under that pressure – I could have gone to University
 - She is brilliant
 - She is a really good person.
- ▶ **Growing her up**
 - She is smart
 - She is very caring & sensitive

Changing the Part.

- ▶ **Growing forward**
 - More comfortable in her skin
 - Able to move out of being invisible
 - Freeing, lighter, optimistic
- ▶ **Changes her current life**
 - Not having to get stuff done before fun
 - Ability to feel and look bright
 - I have fight...
 - I know what I'm doing

No. 01

What's the Strategy?

What's the Strategy behind Change

- ▶ Introducing an adult that CARES – is present to this part
- ▶ Giving the child what she needs
- ▶ Adult SEES the child – changing how child feels about herself
- ▶ Update
 - Who she became
 - What that says about who she really was
 - How the young self feels about all of that

What's the Strategy behind Change

- ▶ **Adult has wisdom she didn't have**
- ▶ **A trusted adult who will take care of her**
- ▶ **A new place to live**
 - Changes who the part is and her role inside the adult

Today

- ▶ Vicki & Tricia – work on your female part
- ▶ Pam & Moe – work on your male part

- ▶ Do 1 full process

- ▶ Help each other
 - If something doesn't land, mention it
 - Let her know if there is a question that would work better
 - The one playing the client can help engineer the strategy for change.

Homework

- ▶ Do the **Personality Dimensions Assessment**
 - I will send you an email with a link to do the assessment
- ▶ Do a **self-process** – on some part of you
 - Make notes
 - See if you can effect a change
- ▶ **Review**
 - Go back over anything you're not sure you understood
 - Have you developed a template for note-taking?