

MODULE

02

Deepening Your Understanding of Change

MODULE

02

Homework



MODULE

02

*Ruth's
Core Issues*



Ruth's Core Issues

- ▶ Anxiety
- ▶ To stand up for herself better
 - Better boundaries
 - Stop doing everything for her children/grandchildren
- ▶ To feel better about herself so she will stand up for herself

MODULE

02

*Ruth's
Storyline*



Ruth's Storyline

- ▶ Insecure even with her parents – they didn't feel safe.
- ▶ At 10 years old she was in charge of her 4 younger siblings
F/T
 - Petrified
 - Stressed out
- ▶ TRAPPED
 - Alone
 - Doesn't mom care?
- ▶ This is NORMAL
 - I'm not worthy
 - I have no value

Ruth's Storyline Cont'd

- ▶ She would do anything if others would be her friend – craves validation/recognition
 - She has given everything to her kids to make them happy
 - She worked really hard to give her kids the life she never had
 - Waiting on people who come into her home
- ▶ She feels very insecure in life
 - Has to always be in control
 - Always busy – no time for play or relaxation – just like her life at 10
- ▶ Not worthy
 - People are useful but she doesn't trust them.
 - I have to be a good girl – make others happy – take care of them.

MODULE

02

*Ruth's
Change*



No. 01

Adult Ruth meets 10-year old

What happens when they meet?

- ▶ Bonding
 - Support
 - Compassion
- ▶ Reassurance

No. 01

Role Adult plays in changing Part

Role Adult plays in changing Part.

- ▶ **There is an adult there!**
 - Someone who understands what she feels
 - Has compassion for what she was left to do.
 - She never has to be alone again!
- ▶ **Reassurance**
 - It all turned out
 - Siblings are all fine
 - We're a miracle – we were able to do the impossible
- ▶ **Update**
 - We don't live here anymore – this responsibility is no longer ours
 - All that we did and achieved

Role Adult plays in changing Part.

- ▶ **A new view of who she is & what she is capable of**
 - Respect from others
 - Efficient/reliable
 - Giving 100%
 - Determined
- ▶ **Philosophy**
 - Doing the best she could
 - Finding the good in people
 - Giving people the benefit of the doubt
 - Learn from the rough patches
 - Go with the flow
- ▶ **New feelings about herself**
 - PROUD
 - Lighter, unburdened, confident

Role Adult plays in changing Part.

- ▶ **Looking back – what have we learned?**
 - Giving her kids everything doesn't work – need tough love
 - Kids need to fail in order to learn
 - I'm smart – sees the Nursing Diploma – what she can do when determined
 - I function well under pressure – I never failed.
- ▶ **She lives here in this timing**
 - Part can let go of all the responsibilities
 - Adult mind is her mentor
 - Here to enjoy her life and thrive
- ▶ **Ongoing connection**
 - Secure
 - Trusts the adult to be there for her.

Role Adult plays in changing Part.

- ▶ **What is the truth?**
 - I was always worthy – you deserved the support of parents
 - I was already special – look what I did!!
 - 2 Angels – guiding her at all times – trust in this guidance
 - Intuition is strong – trust
 - Talents & abilities
- ▶ **Going forward**
 - Freedom to enjoy
 - Respect for self
 - I have so much love to give...

No. 01

What's the Strategy?

What's the Strategy behind Change

- ▶ **Stand in the shoes of the little girl that Ruth was...**
 - Understand what she is feeling
 - Understand what her life is like
 - Ask yourself what she needs that the adult can provide
- ▶ **Petrified**
 - She needs to feel as if someone is there for her
 - She is no longer alone
 - She has support
- ▶ **Inadequate/Failure**
 - We did it! Everything turned out OK
 - Look what we have been able to do
 - We are so determined, efficient, organized – HOPE
 - We are much smarter than we knew...

What's the Strategy behind Change

- ▶ **Show her what the adult has done with her life**
 - Sees a potential – lightens her - confidence
 - Everything turned out OK – ease
- ▶ **Adult SEES the child – changing how child feels about herself**
 - Capable
 - Special
 - Worthy
- ▶ **We don't live there anymore...**
 - Freedom
 - New options for growing up
 - Connecting into the people & resources available in the current moment that weren't there in the past
 - Introduction to people she can trust, support that is now there

What's the Strategy behind Change

- ▶ **Adult has wisdom she didn't have**
 - Have her check it out
 - Does she agree?
 - Is she willing to work with it.
- ▶ **A trust adult who will take care of her**
 - Relax
 - Who is she when she is relaxed

Today

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

- ▶ Do 2 storylines OR 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

- ▶ Listen to Maureen's storyline & change
 - Take notes.
- ▶ What was the storyline?
 - What were the core issues?
- ▶ Document the change
 - How was it achieved?
 - What role did the adult play in changing the part?