

Interweaves for Moment-to-Moment Experiences

<p>Noticing statements</p> <ul style="list-style-type: none"> ➤ <i>What emotions are connected to that?</i> ➤ <i>Where do you feel that in your body</i> ➤ <i>What are you seeing or sensing or hearing?</i> ➤ <i>What words or thoughts go with that?</i> ➤ <i>What impulses or urges are you aware of?</i> ➤ <i>What's it like for you at this moment?</i> ➤ <i>What is it like to feel _____?</i> ➤ <i>Notice what it's like for you to be able to handle these feelings right now.</i> ➤ <i>Do you mean you're feeling _____?</i> ➤ <i>So, a part of you feels _____ and another part of you feels _____ is that right?</i> ➤ <i>So, you're thinking/feeling/noticing thatis that right?</i> ➤ <i>Can you put some words on that experience?</i> ➤ <i>Can you stay with that (image, feeling, sensation) just a little longer?</i> ➤ <i>Can you come back to the (image, feeling, or sensation)? Is there more there?</i> ➤ <i>Can we put the other feelings/issues to the side now and just try to stay with?</i> ➤ <i>Notice that you can zoom out and look at the memory as a whole.</i> 	<p>Directive Statements</p> <ul style="list-style-type: none"> ➤ <i>Get curious about ...</i> ➤ <i>Allow yourself to turn toward your (experience, pain, anxiety, etc) right now</i> ➤ <i>How do you experience that in your body?</i> ➤ <i>Just notice your experience right now</i> ➤ <i>Stay with the _____ and see where it takes you</i> ➤ <i>See what the _____ knows</i> ➤ <i>Tune in.....to what has changed</i> ➤ <i>Stay with.....that change</i> <p>Empathetic Statements</p> <ul style="list-style-type: none"> ➤ <i>You seem (sad, angry, anxious, etc.)</i> ➤ <i>You have a lot going on right now</i> ➤ <i>There appears to be a lot of (emotions, sensations, thoughts, feelings) with.....</i> ➤ <i>That can be hard to figure out</i> ➤ <i>There's something curious about this now</i> ➤ <i>It seems like a lot of (emotions, thoughts, etc) with</i> ➤ <i>You are noticing the ...</i> ➤ <i>That is painful for you.....</i> ➤ <i>Ahh that makes you ...(sad, angry, anxious, etc)</i>
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Interweaves for Themes

<p>Responsibility (Value/Shame) (Action/Guilt)</p> <ul style="list-style-type: none"> ➤ <i>Whose responsibility is it?</i> ➤ <i>Is that about you or about them?</i> ➤ <i>Who's at fault?</i> ➤ <i>I'm confused, who was bigger? You or (i.e. perpetrator)</i> ➤ <i>Let's pretend if you could say something to (i.e. perpetrator) what would it be?</i> ➤ <i>Would you expect any (age) to know what to do in this situation?</i> ➤ <i>This is a normal, understandable reaction. Other people probably would have done the same thing in our kind of situation.</i> ➤ <i>Just like when you touch a hot stove and react, arousal is an involuntary reflex. It's just what your body does.</i> <p>Safety/Vulnerability</p> <ul style="list-style-type: none"> ➤ <i>Are you safe now?</i> ➤ <i>Can (i.e. the perpetrator) hurt you now?</i> ➤ <i>If (i.e. perpetrator) tried to do something now, what would you do?</i> ➤ <i>I would like to remind you that while you might feel (or what might come up with) the worst part is already over, and you have all the resources as an adult.</i> ➤ <i>What would feel safe right now?</i> ➤ <i>Notice that you're here and you're safe now.</i> ➤ <i>Look at your hands, how old do they</i> ➤ <i>Where do you live now? How old are you now? How tall are you?</i> ➤ <i>Send this information to all parts of you.</i> 	<p>Responsibility: Developmental Needs</p> <ul style="list-style-type: none"> ➤ <i>What would you like to say to the kid right now that you wished someone had said back then?</i> ➤ <i>What would you like to do right now that you wish someone had done for you back then?</i> ➤ <i>What does that little boy/girl need/want right now? Imagine it.</i> ➤ <i>As you look back on this experience now, how do you make sense of it?</i> ➤ <i>Children are never responsible for the abuse.</i> ➤ <i>Attachment is biologically driven. Of course, you were looking for attention.</i> ➤ <i>Of course, you were lonely and needed attention. You were a little (boy/girl) and no one was taking care of you.</i> ➤ <i>This part may seem like the enemy, but s/he is actually trying to help you.</i> ➤ <i>What do you imagine a good parent might say/do in this situation?</i> ➤ <i>I'm confused...you mean a child can cause a parent to _____?</i> ➤ <i>What if this happened to your daughter/best friend? What would you say to them? Would you hold them responsible?</i> ➤ <i>There's no way to undo what happened, perhaps there is a way to balance the scales going forward.</i>
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Safety (within the body)

- *You can help your body know that it's safe now and we can relax.*
- *You probably wanted to fight back but couldn't. The terror was too great, and your body was frozen. That's what happens when you are facing an overwhelming threat.*
- *As you notice the lightness in your chest, notice also where in your body you're feeling okay...perhaps in your feet or legs or.....*

Power/Control (or choice)

- *What happens when you think of the words "As an adult, I know I have choices" or "I can now choose" or "I am now in control"?*

Developmental / Attachment

- *What does the child need now (that you wished someone would have done for you back then and didn't)?*

Connect the adult with the child part to repair unmet needs

- *Imagine offering this to them.*
- *Notice that you can go to this child now and they don't have to be alone in this experience.*
- *Let this child know that you see/hear them. Perhaps you can tell them that you understand how awful it was and that you are sorry.*
- *Go ahead and take this child out of the situation. Take them somewhere safe,*
- *Somehow you'll know exactly what to say or do for this child.*
- *They may need you to simply hang out with them or they may simply need some form of touch from you.*
- *If you were to step into that scene, you would tell them that.....*
- *If (e.g. resource person) were to step into that scene, image what they would say to that child.*

Check the receptivity of the child

- *How is the child responding to you*
- *Is this child feeling accepted and understood by you right now?*
- *What's it like for this child to know that you're there with them?*

If the child is not receptive

- *Can you understand why they might be hesitant to let you in?*
- *Can you let them know that you understand why they are (scared/mistrustful, angry, and unable to respond)?*
- *Take it slow and allow for their experience.*

Give back the responsibilities/burdens

- *Can you "give back" to your parents the responsibility of keeping the family safe?*
- *Can you consider it was wrong for them to ask you to take care of them when you were so little?*
- *Would it be okay to let yourself know what you couldn't let yourself know then?*
- *Would you be willing to consider that your parent will never be the parent you needed as a child?*
- *Can you allow yourself to feel the grief connected to this realization?*
- *What's it like to acknowledge that you can never be parented in the way you needed as a child?*

Interweaves for Action (Somatic)

- How do you experience that (anger, hurt, resentment) inside of you?
- What does it want to do?
- Is there any impulse or urge that wants to come out?
- What does your hand, foot, jaw, etc) want to do?
- Imagine doing that now.
- Just feel that impulse in your body to do what it was unable to do at that time.. Just sense it...notice it...trusting your body to (finish) now what it was unable to do back then.
- Notice the (shaking, trembling, temperature changes, vocal sounds, etc) and allow it to move through you. It's how your body is releasing all that stored energy.

Facilitate the action of "giving back responsibility" for others and letting go of emotional burdens

- It was your parents responsibility to keep you (and your sister/brother) safe, not yours. Are you ready to "give back to your parents what was theirs? Okay imagine doing that now.
- Imagine outloud or in your imagination handing that responsibility back to them. It's not yours, it theirs.
- What would you like to do now that you couldn't back then? Imagine it...go ahead and say/do it now...
- As you think of all the people who have hurt you, what actions would represent true justice in your mind (send them to jail, share their misdeeds with their families, humiliate them in public)?
- Is there anything you need to say to reclaim your voice, your dignity, and/or your power? What would you want to see happen to them? Go ahead and imagine/say that.
- Follow-up: Is there more? Is there anything else that needs to happen? Continue with this until it feels completely satisfying.
- Imagine fighting back. What would you say or do right now if they were here?
- Imagine there are not limits. Stay with it until it feels satisfying or complete.

Help the client when they are frozen, scared or stuck.

- I'm wondering if you want to say or do something. Does this feel possible?
- How would it be for you to give yourself permission?
- Can you say, "I'm mad at you for betraying me"?
- Can you imagine slamming the door in their face?

If the client is unable to move from immobilization to action

- Push against the wall with your hands. Feel the strength and energy in your body,
- Throw this pillow with me. Notice what it's like to throw it lightly/to throw it hard.
- Hold your hands up and say "Stop" as I approach you. Pay attention to what it's like to take action on your own behalf.
- Walk around the room and feel your freedom of movement. Find your stride. Have fun with it.