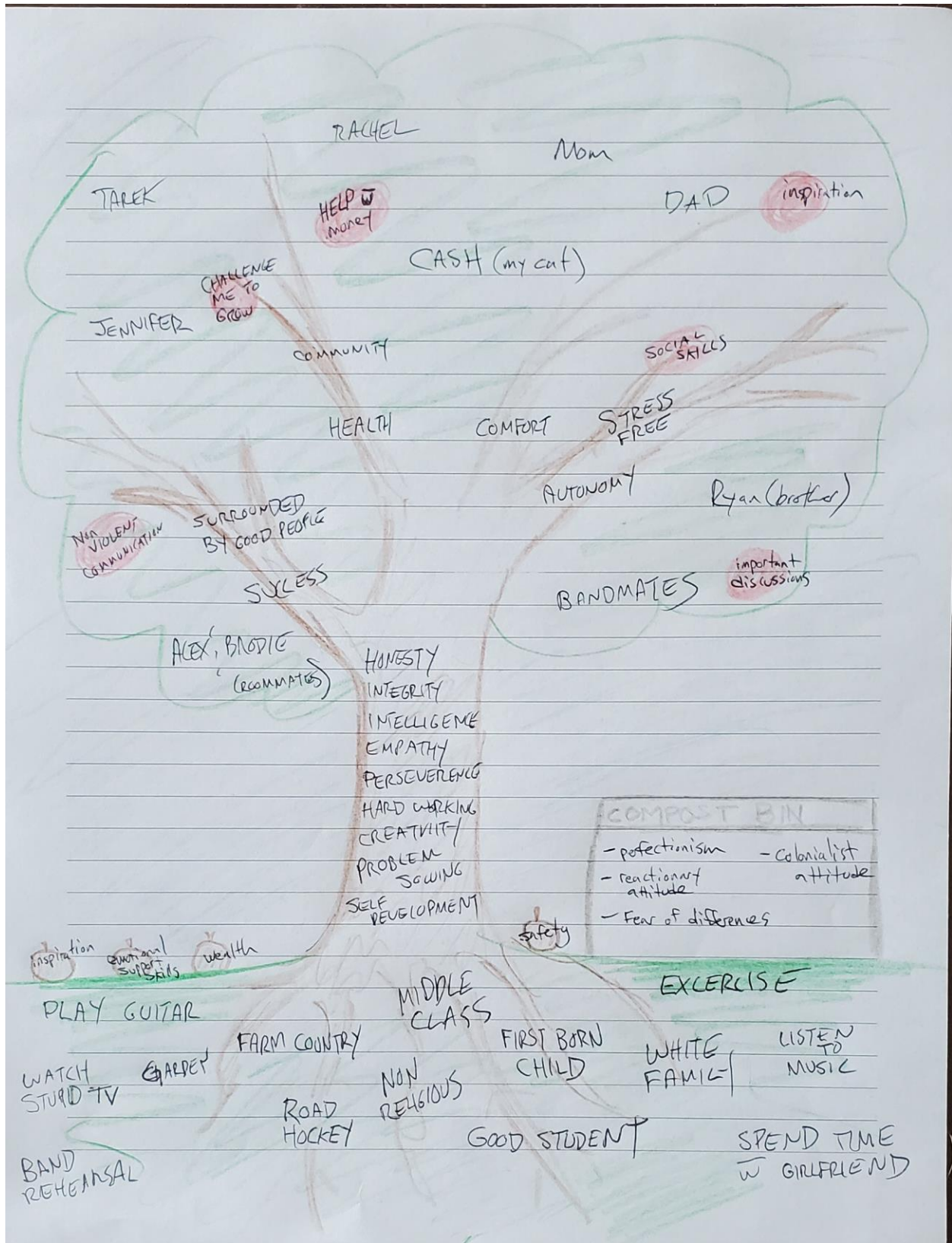


Tree of Life – Assessment Activity – June 10, 2023



Things that bring fulfillment – Goal Setting – June 24, 2023

- visiting friends
- jamming
- writing songs
- going on adventures
- meeting new people
- having discussions
- practicing kung fu
- reading books
- spending more time in my garden
- drumming
- learning new skills
-

Approaches

1) Ask "Do you have any idea why I'm here?"

Helpful - Puts self in position of control (implicit)

- Gets parents thinking right away
- Provides immediate information about their understanding.

Unhelpful - Could go off track, might misinterpret

2) "I have been really upset" "Today I am here to talk about that"

Helpful - Immediately know why I'm there

- setting the tone
- taking control in a different way (explicit)
- Most neutral

Unhelpful - Least satisfying for self.

- Back could get up

3) "So I've waited 14 months for an acknowledgement.

It's caused me a lot of pain + I think it's unreasonable"

"What amount of discomfort should I be carrying?"

Helpful - Logic is bullet proof.

- Asking them a question vs accusing
- Satisfying.

Unhelpful - Logic is not always the best approach.

- Could get back up

Desired Outcome -

"How our relationship continues is entirely up to you"

- Acknowledgement that I've been holding all the feelings
- Acknowledgement that this has been unfair.

Things to remember:

- Request a morning meeting.

Podcast option

- The Overwhelmed Brain.