**Playbook to Inject the Healthy Undercurrent of Safety & Openness**

*Unhealed Wound Seed*

A Message from the Movie “Frozen”



**Who:** Michael, Dad, Mom, Garret (older brother)

**What:**

* Watch a selected clip from the popular Walt Disney movie “Frozen” – released March 18, 2014
* Together, find the answers to the following questions:
  + What solution did Elsa’s parents come up with in order to control her powers and protect those around her?
  + Although the plan is successful in protecting against physical pain, how does it seem to affect Elsa and her sister internally?
  + What are some of the negative results of Elsa’s secret and isolation?
  + Do you think Elsa’s parents did the right thing in concealing secrets and severing relationships in order to protect their daughters from physical harm? Why or why not?

**When:**

* Next Thursday during your family therapy session

**Where:**

* In the therapist’s office

**How:**

* **Play Selected Scene**: (Play both scenes back to back)
  + **Both of these clips are in the Chapter Titled: *Concealing Her Powers***
  + 7:50-8:56 (Elsa’s parents decide to hide her powers and isolate her from her sister)
  + 10:36-11:34 (Anna trying to reach out to Elsa and not understanding why she has been closed out)
* Watch the selected scenes and discuss the questions above
* Discuss what action steps are now needed to maintain safety and openness – these action steps might become a second playbook

**Therapist’s Guide for this Playbook**

**Suggested Viewers:** Families that…

* Are maintaining secrets.
* Have isolated themselves from each other in hopes of not causing further harm.
* Are so busy holding on to a secret that they have to live a double life.
* Are wrestling with shame over something going on with them or their family.

**Script for Setting up the Scene:**

The Clip that I am about to show you is from the Disney film title *Frozen*. *Frozen* is a fairy tale about overcoming obstacles and the power of true love. Princesses Anna and Elsa are sisters and the closest friends until one day when Elsa discovers that she can no longer control her power to create ice and snow. Terrified for the safety of her sister and everyone around her, Elsa isolates herself from the world, including her sister Anna, in hopes of keeping her secret powers hidden.

**In this scene you will see….**

The girls’ parents responding to a situation where Elsa accidently hurt her younger sister, Anna, with her frozen powers. The father comes up with a plan to protect both of his daughters from future harm.

**Look for….**

* What is the father’s plan to protect his daughters from harm?
* How does this plan to conceal a secret affect the relationship between the sisters?

**Discussion Questions:**

* What solution did Elsa’s parents come up with in order to control her powers and protect those around her?
* Although the plan is successful in protecting against physical pain, how does it seem to affect Elsa and her sister internally?
* What are some of the negative results of Elsa’s secret and isolation?
* Do you think Elsa’s parents did the right thing in concealing secrets and severing relationships in order to protect their daughters from physical harm? Why or why not?

**Main Lessons:**

* Keeping secrets can destroy relationships.
* **Keeping secrets can create a false sense of reality.**
* **Keeping secrets can cause suspicion and resentment.**
* Secrets can create a vicious circle of shame.
* Keeping a secret often becomes less about protecting people and more about becoming overly preoccupied with the "thing" or maintaining the double, secret life.