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

*Unhealed Wound Seed*

**The Garbage Bag**



To externalize the problem remember:  *“It is not the person who is the problem; it’s not even fully The Problem that is the problem.  It is, to go the whole way, the relationship of the person with The Problem that is the problem!”*

**Who**:

* The family and PLL Coach

**What**:

* Enactment of presentation of a garbage bag filled with noxious odors to externalize secrecy and help to foster open communication

**When**:

* The next family coaching session

**Where**:

* In the PLL Coach’s office

**How:**

* Present a garbage-filled trash bag closed with several knots
* Ask the client and family to examine the bag and to notice the odors it emits
* Then, pose the following questions to the client and/or family :
* Do you think that by keeping the bag closed, the odor of the garbage will increase or decrease over time?
* Do you have a bag like this, inside you, that contains bad memories?
* Are there many bad memories in it?
* Have you noticed that, since you have been carrying that bag around, the people who have known you for a long time say that you are not quite the same and that you are not happy?
* Use the remaining time in the session to develop the previous analogy in order to help the client and family understand themselves better and realize the importance of emptying their trash bags.
* Develop specific steps (a second playbook) for the family to take from now on that will evidence the consistent “emptying of their trash bags”.