**Playbook to Heal the Undercurrent of Physical or Mental Abuse**

*Unhealed Wound Seed*

![C:\Users\Jenny Black PLL\AppData\Local\Microsoft\Windows\INetCache\IE\EF81ASOQ\chair-36810_640[1].png]()

**The “Empty Chair”**

**Who:**

* Jeremy; Grandma and Grandpa; and PLL Therapist & PLL Case

 Manager

**What:**

* Jeremy will write out, on paper, his individual list of resentments

(Emotional debt to abusive biological father).

* Along with the specific offences done by his father, he will also

write down the messages that he perceived about himself from the actions or attitudes of his father and the feelings or beliefs related to his self-image.

* Using his imagination, Jeremy (looking at the symbolic chair) will

 call his father by name, telling him specifically what he did to cause

 him pain and the messages he received (feelings/beliefs).

* Jeremy will state “I forgive you, the debt is now cancelled, you owe

 me nothing, and I release you from further payment for the

 injuries to me.”

* At the end of the session, Jeremy will discuss the fears of future

hurts from remembering more past offences or facing new offences

 (relapse prevention).

* The written list will be burned as a family ceremony after the

session.

**When:**

* Friday, November 20th at 6:00 PM

**Where:**

* In the home

**How:**

* Grandparents will provide notebook for Jeremy to write in during

 session.

* Grandmother will provide “stuffed person” to sit in the “empty

 chair”.

* Jeremy will select his own “soothing” music to listen to during the

 writing time.