**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.

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| **Forgiveness Definition**  |
| **What Forgiveness is NOT** | **What Forgiveness IS** |
| * ***Forgiveness does NOT excuse or say the perpetrator’s behavior is Okay.*** *It does not attempt to explain away the perpetrator’s behavior by pointing to extenuating circumstances.*
* ***Forgiveness does NOT deny the wrong acts of the perpetrator****. In fact, true forgiveness can only be offered after you have come to terms with reality…when you can admit, “This person actually did or said this to me.”*
* ***Forgiveness does NOT mean that you must pardon what the perpetrator did or justify it in any way***
* ***Forgiveness does NOT mean that the victim must reconcile with the perpetrator.*** *Reconciliation requires the participation of two people and the person you are forgiving may not be able to or want to see or talk to you. Additionally some things can never be the same and you may not desire to have a relationship with the person you forgive.*
* ***Forgiveness does NOT erase memories.*** *It is a demonstration of great grace when you are fully aware of what occurred and you still choose to forgive.*
 | * ***Forgiveness IS a choice, not a feeling.*** *It is a conscious decision that you will no longer dwell on the wrong that was done to you and that you will develop a lifestyle of not filing wrongs away in your mental computer to be reviewed again and again*
* ***Forgiveness is a letting go of bitterness.*** *Bitterness is an inward condition characterized by an excessive desire for vengeance that comes from deep resentment. Bitterness shows itself in various ways such as losing your temper frequently, irritability, obsession with getting even, depression, or a constant negative perspective. Letting go of bitterness is painful because it hurts when you kiss revenge goodbye. But the reward is an open invitation to joy and peace.*
* ***Forgiveness takes place in the heart of the forgiver and requires nothing on the part of the offender***
* ***Forgiveness includes forgiving yourself.*** *There is no lasting joy in forgiveness if it does not include forgiving yourself. One of the most painful feelings in the world is guilt and forgiveness is worthless to you emotionally if you do not forgive yourself.*
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| *Enright & Coyle, (1998)* |