**Playbook to Inject the Healthy Undercurrent of Forgiveness**

*Unhealed Wound Seed*

**Playbook for Mother (Abby) and Daughter (Denise) to Reconnect**

**“Living out the Parable of the Lost Daughter”**

Introductory Prelude:

* Previous attempts to reconnect and repair with Denise have been through emails, phone calls, letters, etc. These tactics (which normally work) have not worked.
* And time has not healed these wounds. Instead, further emotional distance has become entrenched.
* Therefore the playbook below represents a treatment philosophy of (1) "if what you are doing doesn't work, do something different"; and (2) we cannot change the past but we can do something different in the future. The question now is, what are we going to do in the here and now. This treatment philosophy has the advantage of showing through actions, even greater unconditional love. In other words, physically going to the house once a week sends these powerful underlying messages:
	+ Mom is not “distant” through emails or phone calls, but physically present. This sends a powerful message that mom is serious and has intensified her efforts to reconcile in a dramatic and new way.
	+ It is spiritual and fits with the Gospel. Jesus spent more time on reconciliation than most other topics. He knew that if family members or individuals were offended and stayed that way, reconciliation would be impossible.

 As Mother Theresa said "Do small acts of kindness with GREAT LOVE"

* Hurting people hurt others. That is why we are to be kind to everyone we meet because they are fighting their own battles often unseen to us.
* And Denise is hurting and there is also shame. (One example is being taken advantage of a man who played her and manipulated her -one of the worst wounds a woman can receive ever).

As a result, Denise is likely emotionally handicapped and unable or does not know how to reconcile on her own. If she could have done it on her own, it would have happened

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| **Playbook:** Living out the Parable of the Lost DaughterDoing Small Acts of Kindness With Great Love**Who:**​* Abby, Allison, Mack, Blake, and Scott (FST therapist) ​

​**What:**​* 1x per week Abby and Mack (if in town) or Allison (if Mack is unavailable) will drive over to Denise's home and do small acts of kindness with great love unconditionally. (See bottom of page for several ideas of acts of kindness
* For the first 3 visits "an emotional warm-up" - no physical contact with Denise will be attempted. Just notes or gifts will be left for Denise on her porch (leaving the gifts when Denise is at work)
* 4th visit - knock on door with scrapbook gift from mom presented in person
* Prayer before, during and after each visit- *The Power of a Praying Parent by*[Stormie Omartia](https://www.amazon.com/Stormie-Omartian/e/B001IGNLUG/ref%3Ddp_byline_cont_book_1)n can be used as one tool in this process
* Read as a Primer- *How to Talk So Teens Will Listen and Listen So Teens Will Talk* (Faber & Mazlish, 2010)

​**When:*** First 3 visits-- Need to confirm Dates and Time: -- (1) Monday -Dec 5th--10am; (2) Tuesday- Dec 13-9:30am (3) Monday, Dec 19th at 9:30
* 4th Visit --- Need to confirm Date and Time: - Christmas Eve- Dec 24th Sat - 9:00am

​**Where:**​* At Denise's House ​

​**How:**​* **Mack (brother in law):** Will physically drive Abby and support her every step along the way- Positive talk and no dredging up the past or assigning blame- Good memories of Denise
* **Abby (mother):** Will put together the acts of kindness with her sister Allison and son, Blake's help. And everyone will pray before, during and after each visit for wisdom and the right words to speak when the time comes- You, Abby, are the Queen in the Prodigal Daughter storyline.
* **Blake (Abby's son)** - Will work with mom and aunt to come up with acts of kindness. And will encourage and cheer mom on and tell her not to give up.
* **Allison (sister):** Will stand in for Mack if he is away on business. And will help collaboratively create acts of kindness with sister
* **Scott (FST therapist):** Will check in with Abby during the process and help tweak the plan if needed- We will meet for a check in two weeks into the intervention - Need Date and Time Here-- Dec 19th at time TBD

Several Ideas to Consider to Jump Start Acts of Kindness* Notes such as:

"Denise, I know this may be somewhat strange leaving a note on the door. And please pardon the intrusion. But it is the best way I know how to say and show that I am so sorry for anything I did or said that might have contributed to a break in our relationship. So I just wanted to say that I miss you so much and I will be back to keep showing you this." Love, Mom* Favorite Food:

Denise, I know this was a favorite - Ingredients, Flour, Salt, and a Cup of LoveLove, Mom* A Stuffed Animal With Note in Mouth:

Arf Arf- I am barking because I want to say I miss you, my lovely daughter. Love, Mom |