**Playbook to Inject the Healthy Undercurrents of Safety, Security and Unconditional Love**

***Unhealed Wound Seed***



**Prayer & Body Checks**

Prayer- Dad

• In evening before bed and in morning, Dad, you will pray the following prayer for Alex's protection:

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| Lord, I pray that You would surround Alex, my awesome son with Your hand of protection. Keep him safe from any more self-harm, accidents, diseases, drug usage, or other harmful influences. Protect him wherever he is. Keep him out of harm’s way.Lord, I pray that You would bring more healing between us and remove any lies in Alex's head and root out and eliminate core issues surrounding his self-harm wounds. I pray against his insomnia and help him to get plenty of rest so that he is completely rejuvenated when he awakens. It is written in the Bible, Let no weapon formed against my son be able to prosper (Isaiah 54: 17). Keep him at all times under the umbrella of Your protection, and deliver her from the enemy’s hand so no evil comes near him. Give Your angels charge over him to keep him in all your ways (Psalm 91: 11). I say to God “cover my son under your wings to take refuge; His truth shall be your shield. He shall not be afraid of the terror by night, nor of the arrow that flies by day. A thousand may fall at his side, and ten thousand at your right hand; but it shall not come near Alex” (Psalm 91: 4-7). |

Body Check- Dad

* Each night at 8pm, dad will meet son in his room and do a body check for cuts.

Unconditional Love and Improved Communication- Dad

* If any cuts are found, dad will say nothing but instead will hug him deeply and say simply "I love You, you are not alone"- If No cuts are found, dad will still hug him deeply and say "I love you and I’m proud of you for resisting the temptation, I know it was not easy"
* If Alex wants to tell you about what caused the cuts, Dad, you will say nothing but will use self-reflective listening (see book below). If he does not want to talk, you will ask no questions.

Dad will purchase and read the following book - *How to Talk So Teens Will Listen and Listen So Teens Will Talk* (2006) by Adele Faber and Elaine Mazlish and use the recommended tools to increase your communication skills with Alex