**Playbook to Heal the Undercurrent of High Stress**

*Unhealed Wound Seed*

**Enactment to Improve Sue and Her Dad’s Communication**

**andto Decrease Their Stress by 70% or More**

***![C:\Users\Jenny Black PLL\AppData\Local\Microsoft\Windows\INetCache\IE\EF81ASOQ\pen-147980_640[1].png]()***

Before the playbook is implemented the PLL Therapist will complete the steps below with Sue and

Dad:

**#1- Practice with PLL Therapist on how “not to” communicate and “how to” communicate:**

* + - **Before Role Reversal:** Have short, playful, argument. Freeze it and then physically switch chairs. Sue plays Dad and Dad plays Sue. **After Role Reversal:** Freeze the role-play, discuss what went wrong, and list everyone’s answers on the board. Then ask what would both Sue and her dad need to be doing or saying differently in the future to become more supportive, soft, or nurturing and write everyone’s answers on the board.

**#2- Practice with PLL Therapist the Pen Technique:**

* Using new tools, the person who has the pen talks while the other person, who does not have the pen, listens intently without interrupting.
* Once the person with the pen is finished speaking, then he or she will hand the pen to other person and the person who has just been given the pen will repeat back what he or she heard the other person say, in his or her own words. If there is a correct interpretation they will high five, if not, the process is repeated until successful.
* The person who spoke with the pen first will then give feedback on how well the person without the pen listened and repeated back what he or she heard him or her say.

**Who:**

* Sue & her dad

**What:**

* Practice the pen technique

**When:**

* Once a day after dinner

**Where:**

* At the kitchen table

**How:**

* Dad will purchase a recorder from Radio Shack and record a conversation 1 x per day, using the new tools they have learned. Anytime a mistake is made, they will do a role reversal. Dad will bring the recordings to the PLL Therapist for review after 2 weeks.