



**Unhealed Wounds: What will you do if? Derailing Moves Cheat Sheet
(Countermove around Forgiveness)**

Classic Moves What will you do if? around Unresolved Forgiveness	Countermove Actions or Statements
<ul style="list-style-type: none"> You apologize and youth refuses to accept it or says they don't believe you 	<ul style="list-style-type: none"> Don't take personally – mental script “He isn't ready to trust yet” Actions speak louder than words Checklist - Give youth list of your action steps of promises he can check off as you keep your word Document action steps of your promises and monitor with PLL Coach or another family member– at end, apologize again to youth Something else
<ul style="list-style-type: none"> Youth accepts apology but does not change misbehavior 	<ul style="list-style-type: none"> Maintain unconditional love while being consistent with rules Remind self to separate youth from misbehavior concept Normalize and prepare for this Remind self of key reframe “it takes time for the poison of the wound to drain away and consistency of love and limits is what is needed” Begin a “Dare to Love” Campaign for 30 days and document on calendar Work through the Lie Monster Handout to refute wrong beliefs or thoughts
<ul style="list-style-type: none"> Something else 	<ul style="list-style-type: none">

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**Unhealed Wounds: What will you do if? Derailing Moves Cheat Sheet
(Countermove around Nurturance)**

<p>Classic Moves What will you do if? around Nurturance</p>	<p>Countermove Actions or Statements</p>
<ul style="list-style-type: none"> Plan Special Outings and Then Youth Refuses 	<ul style="list-style-type: none"> Don't take no for an answer Offer a bribe because the youth needs to experience it no matter what Reschedule and go the next week Something else
<ul style="list-style-type: none"> Youth Refuses to Accept Hug 	<ul style="list-style-type: none"> Give a side hug or a pat but don't quit Give an "I hug you" note with praise for a couple of days and then try to hug again Do a substitute like - Toss a ball back and forth (like Field of Dreams movie) Do a Special Outing instead to warm the youth up Remind self that the youth's hug muscles are sore and out of practice
<ul style="list-style-type: none"> Youth Refuses Positive Teen Report 	<ul style="list-style-type: none"> Normalize and expect a negative reaction from youth Remind self "He is afraid and that is why he is acting in anger" Remind self "this is good for the youth even though he may not realize it until years from now"
<ul style="list-style-type: none"> Something else 	<ul style="list-style-type: none">

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**Unhealed Wounds: What will you do if? Derailing Moves Cheat Sheet
(Countermeasures around Revealing Secrets)**

<p>Classic Moves What will you do if? around Revealing Secrets</p>	<p>Countermeasures Actions or Statements</p>
<ul style="list-style-type: none"> Youth Retaliates or Runs Away 	<ul style="list-style-type: none"> Normalize and proactively prepare for this Assure the youth is safe and if possible, let youth cool down in safe place and convey message to him that it is not his fault Watch Good Will Hunting movie together with PLL coach and discuss scene “It’s not your fault” Put Safety Accountability Plan in place with PLL coach Draft “Pledge to Protect” as commitment to youth
<ul style="list-style-type: none"> Youth Refuses to Talk About “Secret” Traumatic Event 	<ul style="list-style-type: none"> Pledge to youth that you will only talk about trauma for a specific length of time and at a specific safe place Allow youth to write or draw about the trauma Burn writings or drawings in ceremonial ritual
<ul style="list-style-type: none"> Something else 	<ul style="list-style-type: none">

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**Unhealed Wounds: What will you do if? Derailing Moves Cheat Sheet
(Countermeasures for Unresolved Grief)**

<p>Classic Moves What will you do if? around Unresolved Grief</p>	<p>Countermeasures Actions or Statements</p>
<ul style="list-style-type: none"> You want to talk about the person who died and your child says “No”! 	<ul style="list-style-type: none"> Apologize to child for trying to talk too soon and instead suggest, “Let’s do something to honor the person” (activity, scrapbook, memory candle, etc.) Put funniest or best memories on notes in jar all week and read aloud over the person’s favorite meal Find out “why” youth doesn’t want to talk Make appointment to talk in certain place for certain time limit Write a note with questions about the person the child can respond to in writing Text or email to talk about the person Something else
<ul style="list-style-type: none"> Behavior problems get worse as result of discussing grief wound 	<ul style="list-style-type: none"> Don’t take it personally, mental script “this is normal and I expected this” Remind self “I need to remain strong with the hard side of hierarchy” Bring in designated family or friend as “grief coach” to talk with youth Assign time for youth to vent his pain with no consequences Sublimation – take youth to homeless shelter or someplace he can help others less fortunate
<ul style="list-style-type: none"> Youth backs out of planned ritual 	<ul style="list-style-type: none"> Do it anyway Tell youth you will speak to loved one on his behalf and have youth write note with message Do it later Tell youth he won’t have to say or do anything...just be there
<ul style="list-style-type: none"> Something else 	<ul style="list-style-type: none">

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