

PARENTING THROUGH STRONG EMOTIONS



Session 2 Handouts

Validation-Because Script

Animal Models

Shortcuts to Validation Pocket Card



Intersect
Youth & Family Services

Validation-Because Scripts

Here are some helpful phrases to get you started. Communicating with your loved one may feel unnatural at first, but it is like exercising a new muscle and it will get easier with time.

I get why you would feel _____ because:

- 1.
- 2.
- 3.

I can see how that might make you feel _____ because:

- 1.
- 2.
- 3.

It makes sense that you're feeling _____ because:

- 1.
- 2.
- 3.

I can only imagine how difficult this must be because:

- 1.
- 2.
- 3.

No wonder you're _____ because:

- 1.
- 2.
- 3.

I can understand why you might feel _____ because:

- 1.
- 2.
- 3.

"This is so _____" because:

- 1.
- 2.
- 3.

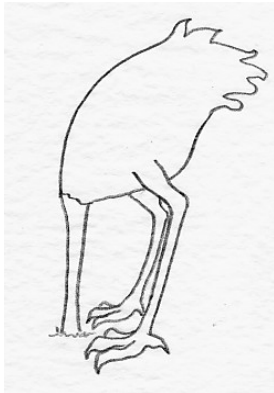
Animal Metaphors for Caring

(Used with permission from *Skills-based Learning for Caring for a Loved One with an Eating Disorder: The New Maudsley Method* by Treasure, Smith, and Crane)

3 Types of Emotional Responses:

The Jellyfish (*Too much emotion*)

- Feels a lot of emotion and conveys a lot of emotion
- Struggles to keep own emotions in check
- Becomes distressed in response to loved one's distress

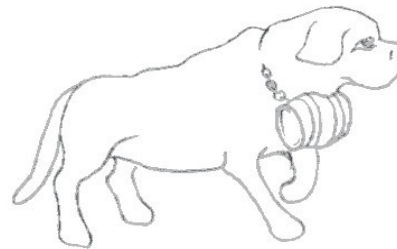


The Ostrich (*Too little emotion*)

- Avoids seeing, thinking, and dealing with emotions
- Supports the family using practical strategies

The St. Bernard (*The goal*)

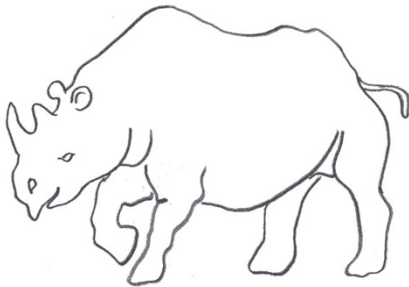
- Responds with calmness, warmth and compassion
- Approaches emotion with interest and affirmation



3 Types of Caregiving Styles:

The Kangaroo

- Seeks to *protect* loved ones from both the experience and pain as well as the challenges of life
- Tries to prevent pain and works hard to “make everything right”

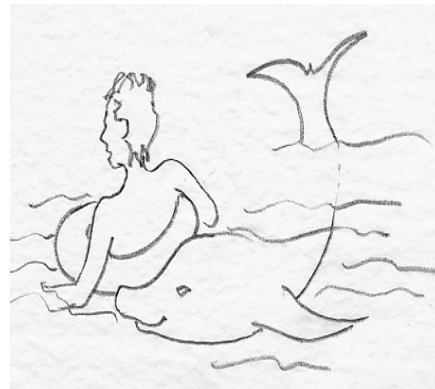


The Rhinoceros

- Attempts to persuade and convince by argument and confrontation
- Frequent use of *logic*
- “Charges” into coercive circles

The Dolphin (*The goal*)

- Provides gentle guidance, security, and safety
- Does not over manage but will take the lead when needed
- Offers a balance of caring and control



Validation

Why Validate?

By Karen Hall, PhD

- It communicates acceptance.
- It helps regulate emotion.
- It helps build identity.
- It builds relationships.
- It builds understanding and effective communication.
- It shows the other person that they're important.
- It helps people persevere.
- It helps develop self-worth.
- It helps people feel loved.
- It helps people learn to trust their instincts.

Shortcuts to Validation

- I get why you would feel _____ because X 3
- I can see how that might make you feel _____ because X 3
- It makes sense that you're feeling _____ because X 3
- I can only imagine how difficult this must be because _____ and because X 3
- No wonder you're _____ because X 3
- I can understand why you might feel _____ because X 3