

Balancing our Boundaries

☛ Negative

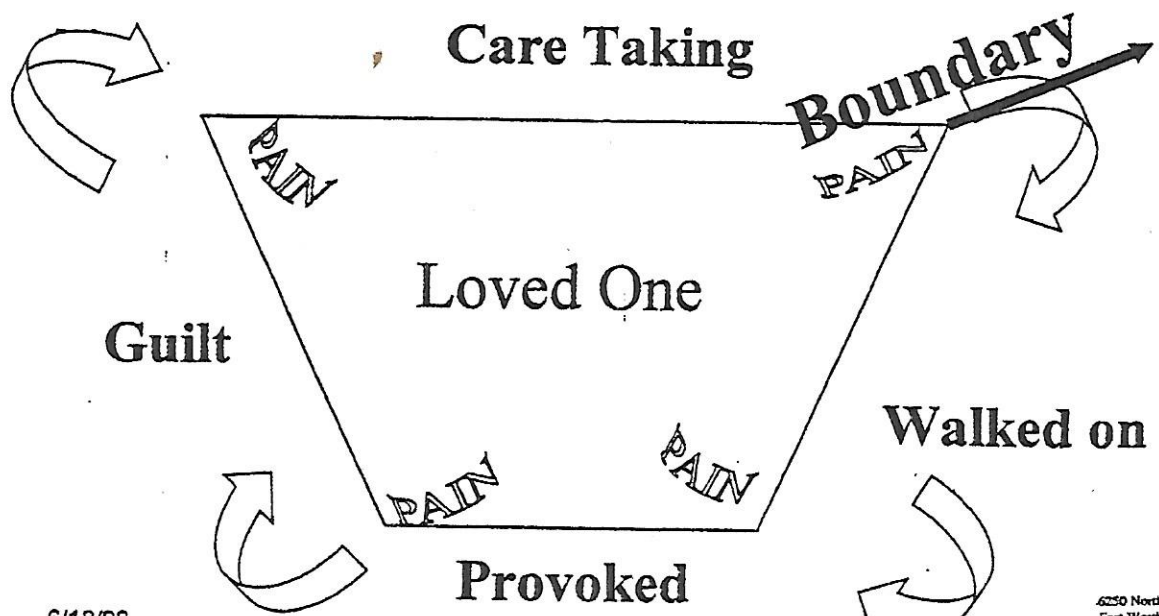
- ☛ We did not Cause the problem
- ☛ We can not Control them or the problem
- ☛ We cannot Change them or the problem
- ☛ We cannot Cure them or the problem

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☛ Positive

- ☛ We do Care; unconditionally
- ☛ They have Options
- ☛ They have Total Responsibility
- ☛ There is a higher power, and you ain't Him

**We did not Cause the problem,
but we can enable it to continue**

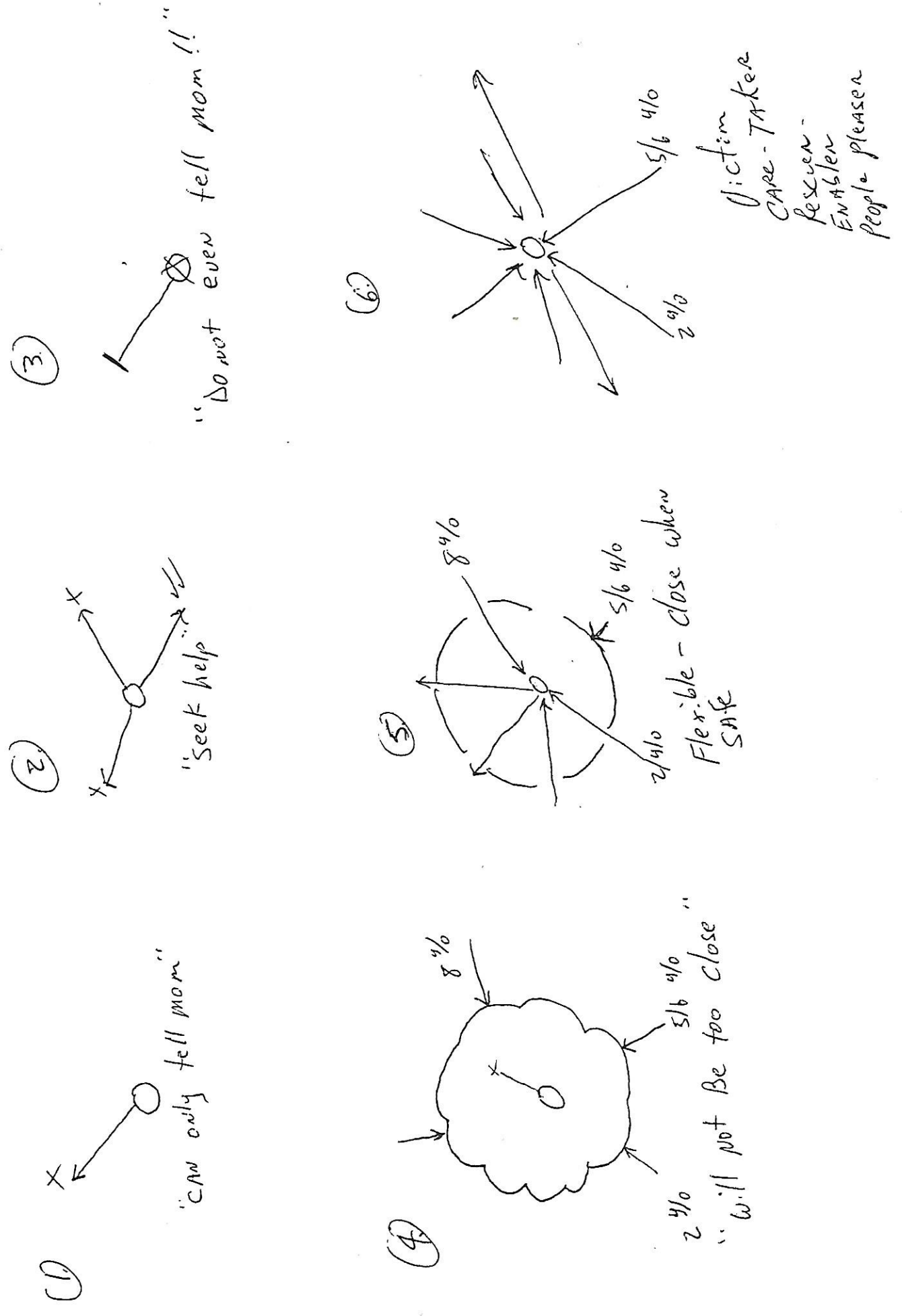


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Conflict Mediation

6 Core Beliefs



**MINI INTERVENTION
BEING HEARD BY AN UNWILLING LISTENER**

Set the scene; Calm, private, across the kitchen table, Sunday morning, hands on hand sort of a scenario.

Have a written script on the back of a card with these Five points, contingency sentences for "Anger" and "Trash" answers, and a plan to close the talk and walk away. Use NO labels, opinions, or judgments such as "You always – never - too much". Use "I" Statements.

Script:

1. "Please hear me out, I need just five minutes to say something very important to me.
2. I love (care for- admire- respect -) you because _____. (Short statement)
- 3.1 remember seeing or hearing you --- (recall specific time and place event of painful behavior).
4. Seeing or hearing that – I felt _____ (insert one true feeling word).
5. I hope you will join me today in seeking a second opinion, - options, - choices for my discomfort." (Have a proposed appointment or help pre-arranged at earliest moment.)

Contingency statements:

If he interrupts with some Anger statement, quickly interrupt and read:

"Sure, I was afraid this would upset you. I accepted the risk because I care for you so much. Now, please, let me finish, I only asked for five minutes.

If a Trash statement comes out such as "What about your sorry mother- I know some trash about her?" Then quickly interrupt with "Of course, you know us all well, we all have some issues. I pledged before starting this to discuss any issue you might have at length Later. Now please let me finish, I only asked for five minutes."

He will probably answer "No Way! I'm not going to discuss this problem with anyone."

Immediately leave the table to do some pre-planned activity, saying over your shoulder "Thank you for hearing me. If you change your mind or think of a different solution to my pain, then get back with me. If I think of a better approach, I will get back to you later." (Then walk away, get coffee, read paper, etc. You have said clearly you care, presented an option, and put the ball of responsibility clearly in his court. Leave it alone for at least a week or ten days.

The next step may be a group, well-rehearsed Maxi Intervention conducted by a professional.

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(Put first name or nickname on all dashed lines)

(I follow _____.)

1. _____ I love (admire, care for you, respect) you because
(Name)

(You are my brother, sister, neighbor, were there for me when---, I have known you for ---)

2. When I saw (or heard you say) _____
(Time and place specific event)

3. Seeing this I felt _____!
(One word feeling)

4. I hope you will join us in getting help for **OUR** problem. (Pain, hurt, Issue)

5. _____ you know I care (admire, respect) you because

6. When I saw (or heard you say) _____
(Time and place specific event)

7. Watching this I felt _____!
(One word feeling)

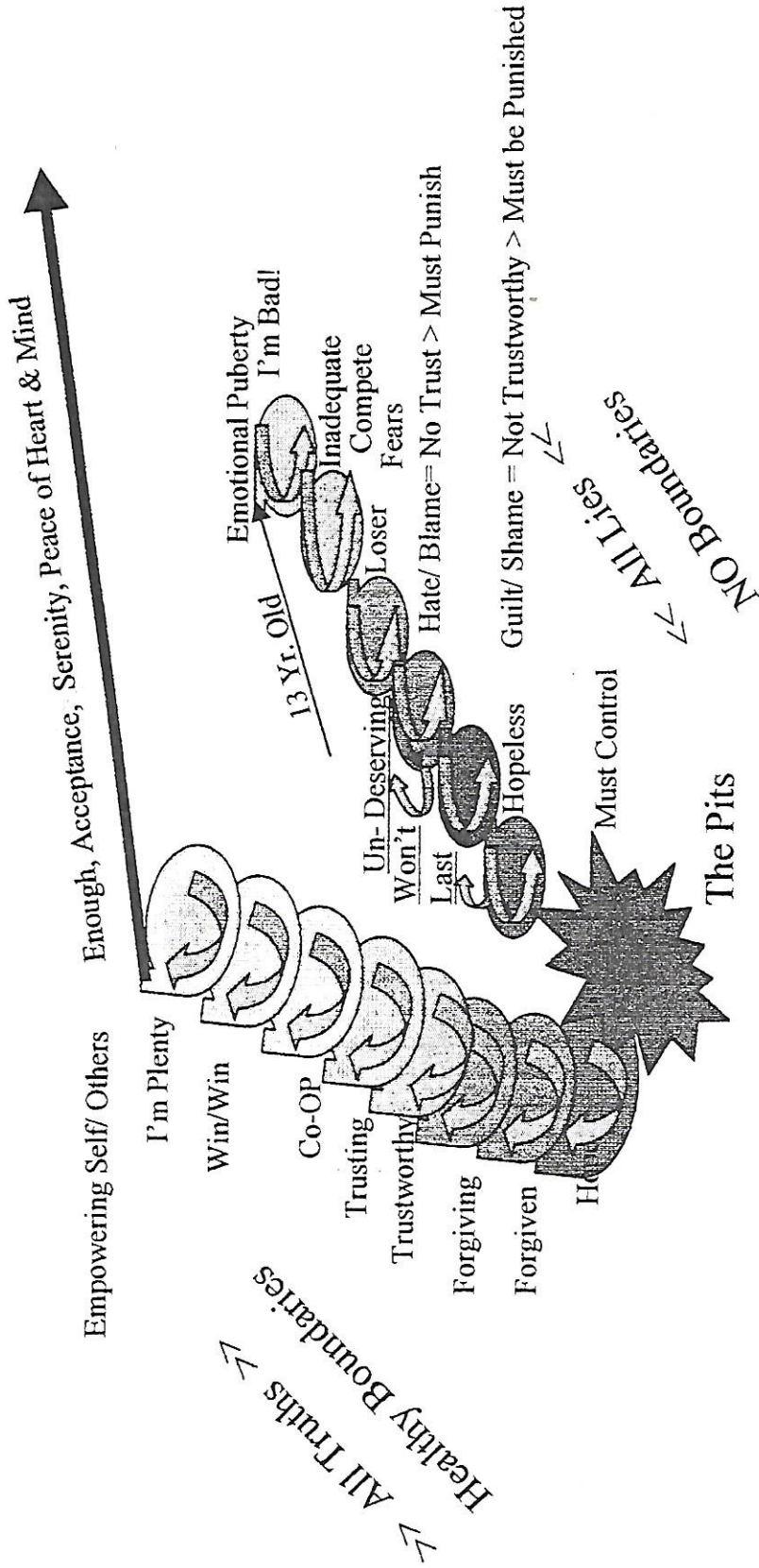
8. I hope you will join us in getting help for **OUR** pain. (Problem, hurt, Issue)

(If **anger** comes out _____ interrupts with) " Sure, we all feared you would be angry (mad, feel ganged up on,). We agreed this might be your response. We decided if you even hate us long term, we are willing to accept that risk. Now please, let's ask _____ to finish what they were saying.

(If **Trash attack** : _____ interrupts with) "Of course _____ ; you know us all as well as anyone. You are aware we all have issues and problems of our own. If you want to discuss these things, we have pledged to listen to you **Later.** Now, _____ finish what you were saying.

CELEBRATING RECOVERY:

1. I am a GOOD & LOVEABLE Person!
2. I'm choosing to do something SMART today!
3. I'm NOT available to Participate in ABUSE today.!



“Presenting Reality to Someone in a Receivable Way”