

PARENT/CHILD DIALOGUE

This dialogue is a role-play. One partner will play the role of a parent and the other will remember a time when young – 5 to 8 years old. Use present tense language in your dialogue.

PARENT

1. Say to your child: **“I am your mom/dad, what is it like living with me?”**
3. Mirror: **“I’m your mom/dad, you said living with me is ...”**
- “Did I get it?”**
- “Is there more?”**
5. **“What is your deepest hurt with me?”**
7. Mirror: **“Your deepest hurt with me is ...”**
8. **“I am your mom/dad, What do you need from me that I don’t give you?”**
10. **“I am your mom/dad, What you need from me is ...”** when accurate say, **“I wish I could give that to you, you deserve to have it”**

DEROLE

12. I am now your partner, **“What behavior could I DO that will begin to touch that childhood wound?”**
14. **“I can do that.”**

CHILD

2. **“Living with you, dad/mom is ...”**
4. Continue until... **“There is no more.”**
6. **“My deepest hurt with you, mom / dad is ...”**
(Sentence stems may help deepen: “What hurts me about that is...” “I am sad about that because ...” What I’m afraid of is ...”)
9. **“What I need from you, mom/ dad, is ...”**
11. **“Thank you for Listening.”**

DEROLE

13. **“The behavior I want that will touch my childhood wound of _____ is ...”**
15. **“Thank you for your commitment to that behavior.”**