

# Enhance compassion



2. Ask the parent to be the angry/anxious/dismissive child. Feel it inside. Explore the bodily experience and words for the feelings. Check in multiple times. Ask about needs/losses/longings/love if appropriate.

1. Invite the parent to picture the child in the difficult situation. Try to get a handle on what triggers the most in the situation. What's going on inside. Explore the bodily sensations and words for the feelings. Validate. Ask if the feeling is familiar and explore past painful experiences if it is natural.



3. Ask the parent to reimagine the child in the same situation - as angry/anxious/dismissive. With the new knowledge of what's going on inside, what happens to the emotions? How does it feel in the body? Put the experience into words. Conclude with an update to the case wording, and check out how the parent can use this experience going forward.