

# Flip the Script

**1. Think of (or imagine) a situation in your life where you feel “stuck” in relationship to another person. (Choose an easy observation to practice with) Write down the observation.**

It might start with an evaluation: e.g. My kids won't respect me! They are completely uncooperative. > Think of one particular moment when that happened. > I asked my kid to brush their teeth at the time we had agreed and they continued to do whatever they were doing and did not brush their teeth.

**2. What are you telling yourself about this situation?**

Meet your thoughts with acknowledgement: e.g. “If I had behaved like this when I was a kid, I would have been spanked! My kids don't know how lucky they are!” So, you are choosing a different way to parent...you want a nonviolent choice...

**3. What feelings arise in you?**

Meet your emotions and sensations with acknowledgement: E.g. Tense, frustration, tight jaw.

So, your jaw is tight...you feel tense...you're feeling frustration...

**4. What are the feelings telling you about the state of your own needs? What's deeply important to you?**

I just want ease and cooperation! I want bedtime to be fun!

**5. What could you do to move toward addressing the needs in a way that does not require the other person to do anything differently?**

I decide to get a clown nose and a clean, never been used over sized cleaning brush. With nose installed, I bring the big brush in with a bucket. Acting silly, I complain that I can't get the toothbrush in my mouth! “Help!”, I cry. Can somebody help me figure out how to brush my teeth? Play along as the child “helps me” by showing me how to brush my teeth. Keep it fun and light!

RESOURCES:

## **NPR**

Invisibilia : <http://www.npr.org/programs/invisibilia/485603559/flip-the-script> Much of the inspiration for this class came from this podcast, especially the first two stories.

## **Dan Siegel**

<https://youtu.be/Qke6UWcFcBU> Dan Siegel hand model flipping your lid

<https://youtu.be/vESKrzvgA40>. Dan Siegel hand model and mindfulness

**Sarah Peyton:** [empathybrain.com](http://empathybrain.com)