**Playbook to Inject the Healthy Undercurrent of Forgiveness**

*Unmet Primal Need Seed*

A Message from the Movie “Antwone Fisher”



**Who:** Sammy, Dad, Mom, Bobby (older brother)

**What:**

* Watch a selected clip from the movie “Antwone Fisher” – released May 20, 2003
* Together, find the answers to the following questions:
	+ What happened to Antwone that caused so many wounds in his heart?
	+ How was Antwone dealing with the pain from his past?
	+ What did Antwone have to do in order to heal his own heart?
	+ Do you think Antwone’s biological mom deserved to be forgiven?
	+ How do you think forgiveness affects the forgiver?

**When:**

* Next Monday during your family therapy session

**Where:**

* In the therapist’s office

**How:**

* **Play Selected Scene** (clip sent by PLL Supervisor)
* Discuss the questions above
* Discuss what action steps are now needed to maintain forgiveness – these action steps might become a second playbook

**Therapist’s Guide for this Playbook**

**Suggested Viewers:**

* Families who have children who have been adopted or have been in foster care.
* Families who have children who have been abused, abandoned or neglected.
* Families who need to forgive in order to experience freedom and healing in their own hearts.
* Families who have unhealed wounds that are triggering behavior problems from the children.

**Script for Setting up the Scene:**

Antwone Fisher tells the dramatic story of a troubled sailor (Luke) who is ordered to see a naval psychiatrist (Washington) about his volatile temper. Little does he know that his first step into the doctor's office will lead him on a remarkable emotional journey to confront his painful past--and connect with the family he never knew.

**In this scene you will see….**

Glimpses of Antwone’s journey from being a wounded, neglected, and abused boy to becoming a confident, loving, forgiving man.

**Look for….**

* What happened to Antwone that caused so many wounds in his heart?
* How was Antwone dealing with the pain from his past?
* What did Antwone have to do in order to heal his own heart?

**Discussion Questions:**

* What happened to Antwone that caused so many wounds in his heart?
* How was Antwone dealing with the pain from his past?
* What did Antwone have to do in order to heal his own heart?
* Do you think Antwone’s biological mom deserved to be forgiven? How do you think forgiveness affects the forgiver?

**Main Lessons:**

* Unhealed wounds cause outward symptoms that get in the way of having a healthy and full life.
* Forgiveness is essential to healing a wounded heart.
* Forgiveness doesn’t mean condoning the other person’s actions it just means you are no longer going to hold on to the hurt and resentment.
* You are the only one who can fully mourn the broken pieces of your life.
* You are the only one who can actively participate in healing your own heart.