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

*Unmet Primal Need Seed*

 **Memory Board of Appreciation to Maintain Forgiveness**

![C:\Users\Jenny Black PLL\AppData\Local\Microsoft\Windows\INetCache\IE\64EHZDVF\16131-illustration-of-a-red-heart-pv[1].png]()

**Who:**

* Mom and Austin
* Uncle John & Aunt Sue are the “Accountability” Monitors.

**What:**

* Mom and Austin will shop together for materials needed for The Memory Board of Appreciation.
* Uncle John & Aunt Sue will provide the money needed.
* The Memory Board of Appreciation is created over time and shared with the Accountability Monitors.
* Items that can go on the Memory Board include; special pictures documenting something you appreciate about the other person, a note of a funny or special memory about the other person, a poem written to the other person, etc.

**When:**

* Every Saturday morning at 11:00 am, Mom and Austin, together, will add a minimum of 2 items each, to the Memory Board.
* At weekly Sunday dinners, Mom and Austin will present the updated Memory Board to Uncle John & Aunt Sue.
* Memory Board will be created/maintained for the next four weeks and when completed, will be proudly hung in the living room as a special picture.

**Where:**

* The Memory Board will be proudly displayed in the dining room during the next four weeks as it is being created.
* The weekly Saturday morning updates will occur in the kitchen at the kitchen table.

**How:**

* Mom and Aunt Sue will make sure to maintain adequate supplies for the Board (tape, paper, magazines for cutouts that can be selected to represent positive qualities of the other person, writing supplies, coloring supplies, stickers, etc.)
* Initial supplies will be purchased next Saturday. Aunt Sue will go with Mom and Austin to the craft Store.