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

*Mental or Physical Impairment Seed*

A Message from the Movie “The Horse Whisperer” – released 1998



**Who:** Susie, Dad, Mom

**What:**

* Watch a selected clip from the movie “The Horse Whisperer”
* Together, find the answers to the following questions:
	+ What is Pilgrim’s reaction when Grace first tries to approach him to mend old wounds?
	+ What does the “Horse Whisperer” have to do in order to get Pilgrim to a place where he will allow Grace to approach him?
	+ Why do you think this approach worked?
	+ If the “Horse Whisperer” had not tied up Pilgrim’s leg, do you think Grace would have ever been able to safely approach him to begin to mend their old wounds?

**When:**

* Next Thursday during your family therapy session

**Where:**

* In the therapist’s office

**How:**

* **Play Selected Scene**: (Scene is titled “Back in the Saddle)
	+ **2:19:32 – 2:29:49**
* Watch the selected scene and discuss the questions above
* Discuss what action steps are now needed to maintain forgiveness – these action steps might become a second playbook or a hybrid contract

**Therapist’s Guide for this Playbook**

**Suggested Viewers:** The Parents who…

* Need an illustration of why sometimes it is essential to deal with misuse of power before you can begin work on unhealed wounds.
* Need an illustration of how crucial the balance of love and limits is to having a healthy and functional relationship with their teens.

**Script for Setting up the Scene:**

The clip I am about to show you is from the movie titled The Horse Whisperer. The story is about a young girl and her horse who are both left with serious physical and emotional scars, after being injured in a terrible riding accident. Determined to help, the girl's mother seeks out the "Horse Whisperer” in hopes that he will know how to mend their wounds and restore their relationship.

**In this scene you will see….**

* The “Horse Whisperer”, played by Robert Redford, helps to restore a healthy and functional relationship between a girl named Grace and her horse, Pilgrim. The goal of this particular intervention is for Grace to be able to ride Pilgrim again but he won’t let her approach him because of the unhealed wounds he has from their previous riding accident.

**Look for….**

* What is Pilgrim’s reaction when Grace first tries to approach him to mend their old wounds?
* What does the “Horse Whisperer” have to do in order to get Pilgrim to a place where he will allow Grace to approach him?

**Play Selected Scene:**

* Play Chapter titled “Back in the Saddle”: 2:19:32-2:29:49

**Discussion Questions from Scene 1:**

* What is Pilgrim’s reaction when Grace first tries to approach him to mend old wounds?
* What does the “Horse Whisperer” have to do in order to get Pilgrim to a place where he will allow Grace to approach him?
* Why do you think this approach worked?
* If the “Horse Whisperer” didn’t tie up Pilgrim’s leg do you think Grace would have ever been able to safely approach him to begin to mend their old wounds?

**Main Lessons:**

* Sometimes it is essential to deal with misuse of power before you can begin to work on unhealed wounds.
* Before you can mend old wounds you often have to create a stable relationship that can withstand the work of mending.
* A balance of both love and limits is crucial to having a healthy and functional parent/child relationship.
* Lasting relationships require a heavy dose of commitment and work.
* In strained relationships somebody has to make the first move.