

**Process Undercurrent Worksheet for “Unhealed Wounds” Seed**

Unhealthy Undercurrents	Opposite Healthy Undercurrents-(In Bold)
<p><input type="checkbox"/> <b>Unresolved Grief or Loss</b>- (This occurs when the adult or child has failed to (a) have closure or say good-bye; (b) embrace support and instead isolates or withdraws; (c) talk about the grief or go through the stages of death and dying)                      Antwone Fisher; Lion King; Ordinary People; Up; PS I Love You;</p>	<p><b>Grief Education and Resolution</b>- (Most people do not have a handbook on how to grieve in a healthy manner. Therefore, grief education is a must as well as specific ways to gain closure and support)                      What Dreams May Come , Extremely loud and incredibly close</p>
<p><input type="checkbox"/> <b>Betrayal or Abandonment</b>- (Adult or child experiences a sudden and often times unexpected betrayal from a loved one or sudden abandonment such as a divorce or blown foster care placement)                      Antwone Fisher; Up; Hope Floats; Beauty and the Beast; The</p>	<p><b>Security, Forgiveness, Unconditional Love</b> (Person who was betrayed or abandoned is able to forgive that person. The abandoned child or adult finds security and/or experiences unconditional love)                      Color Purple; The Human Experience</p>
<p><input type="checkbox"/> <b>Family Secrets</b>- (Following a traumatic event the individual, couple, or family is told or coerced into keeping the event a secret such as sexual or physical abuse.                      Prince of Tides; When a Man Loves a Woman; Precious; Hugo</p>	<p><b>Reveal Secrets/Safety</b>- (Secrets are talked about and revealed and the person feels safe to do so).</p>
<p><input type="checkbox"/> <b>Physical or Mental Abuse</b>- (Adult or child experiences days, months, or years of physical or mental abuse. It can be a onetime event such as rape or sexual abuse or last months or years such as domestic violence or mental abuse)                      Matilda; Antwone Fisher; Horse Whisperer; Precious; Shine; A</p>	<p><b>Support, Courage to Leave, Forgive</b>- (Person who is abused now receives the necessary support or is no longer isolated. They may also need to find the courage and necessary resources to leave and also be able to forgive themselves or others)                      Dolphin's Tale; Billy Elliot , This Boy's Life</p>
<p><input type="checkbox"/> <b>Lack of Forgiveness/Bitterness</b>- (Adult or child experiences a traumatic event such as a divorce or an emotional hurt or betrayal by another person that they cannot forgive)                      Amish Grace; Good Will Hunting; Dear Zachary; Charlie Saint</p>	<p><b>Forgiveness</b>- (Person is able to forgive the person or the event whether they are currently living or dead)                      Cloud; Nuts; Life as a House</p>
<p><input type="checkbox"/> <b>*Lack of Consistent Nurturance</b>- (Severe lack of good physical touch, special outings, or restoring good feelings after a fight over time begins to cause bitterness or resentment which can lead to retaliation and deep wounds)                      White Oleander; Fish Tank; Patch Adams; Life as a House; Animal; Field of Dreams</p>	<p><b>Unconditional Love, Consistent Nurturance</b>- (Unconditional acts of nurturance regardless of how a person treats you unless severe abuse or neglect. Consistency in areas of good physical touch, special outings, or restoring good feelings after a fight)</p>
<p><input type="checkbox"/> <b>High Anxiety</b>- (Unlike the previous six undercurrents high anxiety or even panic attacks do not typically cause unhealed wounds but are a by-product of it. The adult or child with such high anxiety typically cannot rest their minds, sleep, or function day to day)                      Lion King The Pursuit of Happiness</p>	<p><b>Safety or Security</b>- (The adult or child are made to feel safe or secure through support or consistent structure. The village is often mobilized to help fill in this missing safety or security. If the person self-mutilates or is suicidal a safety plan is initiated)</p>
<p><input type="checkbox"/> <b>High Stress</b>- (As with anxiety, high stress does not typically cause unhealed wounds but is a by-product of it. The adult or child with high stress also cannot rest their minds, sleep, or function day to day. In addition, the person has difficulty concentrating and is highly impulsive)                      Lion King</p>	<p><b>Relaxation or Diversionary Tactics</b>- (The adult or child are taught stress reduction and relaxation techniques such as exercise or deep breathing. Diversionary tactics (sports, vacation, hobbies, etc) are implemented to divert the mind from the stress instead on ruminating on it)</p>

Additional Film Suggestions: Lean on Me; Freedom Writers; Nell; Pay it Forward; Forever Strong; Precious; Arthur; The Spiderwick Chronicles; Warrior; Courage; Bridge to Tarabithia