

PLL Strategic Directives for the Unhealed Wound and Related Seeds

Recommended Strategic Directives to Heal the “Unhealed Wound” Seed	
Healthy Undercurrents (in Bold)	Techniques to Inject Healthy Undercurrent
<i>(Unhealed Grief and Loss)</i> Grief Education and Resolution	<input checked="" type="checkbox"/> Running the Race in Grandpa’s Memory <input checked="" type="checkbox"/> Opening to the Future/Reclaiming the Past <input checked="" type="checkbox"/> Balloon Letters of Goodbye <input checked="" type="checkbox"/> Healing the Family Land & Heart <input checked="" type="checkbox"/> Creating a Memorial
<i>(Betrayal or Abandonment)</i> Security, Forgiveness, Unconditional Love	<input checked="" type="checkbox"/> Strengthening Family Connections <input checked="" type="checkbox"/> Helping Others to Heal our Family Heart <input checked="" type="checkbox"/> Foster a Pet <input checked="" type="checkbox"/> <i>The Fresh Prince of Bel Air</i> Clip
<i>(Family Secrets)</i> Reveal Secrets/Safety	<input checked="" type="checkbox"/> Externalizing the Secret – the Garbage Bag <input checked="" type="checkbox"/> Love and Protection Watch <input checked="" type="checkbox"/> Difficult Conversations <input checked="" type="checkbox"/> <i>Frozen</i> Movie Clip <input checked="" type="checkbox"/> <i>Prince of Tides</i> Movie Clip
<i>(Physical or Mental Abuse)</i> Support, courage to Leave, Forgive	<input checked="" type="checkbox"/> The Heart Transplant <input checked="" type="checkbox"/> The Non-Violence Pledge <input checked="" type="checkbox"/> The Empty Chair <input checked="" type="checkbox"/> <i>Matilda</i> Movie Clip
<i>(Lack of Forgiveness/Bitterness)</i> Forgiveness	<input checked="" type="checkbox"/> The “Apology” - Healing the Family Heart <input checked="" type="checkbox"/> Memory Board of Appreciation <input checked="" type="checkbox"/> <i>Antwone Fisher</i> Movie Clip <input checked="" type="checkbox"/> <i>The Human Experience</i> Video Clip <input checked="" type="checkbox"/> Family Sculpture - <i>Enactment</i>
<i>(Lack of Consistent Nurturance)</i> Unconditional Love, Consistence Nurturance	<input checked="" type="checkbox"/> Cups and Self-Worth - <i>Enactment</i> <input checked="" type="checkbox"/> The Hug & PMR Prescription <input checked="" type="checkbox"/> Random Acts of Kindness <input checked="" type="checkbox"/> 30-Day Nurturing Campaign <input checked="" type="checkbox"/> Helping Others Campaign <input checked="" type="checkbox"/> <i>Home</i> Movie Clip
<i>(High Anxiety)</i> Safety or Security	<input checked="" type="checkbox"/> <i>The Lion King</i> Movie Clip <input checked="" type="checkbox"/> The High/Low Checkup <input checked="" type="checkbox"/> Increasing Confidence with Praise
<i>(High Stress)</i> Relaxation or Diversionary Tactics	<input checked="" type="checkbox"/> The Communication Pen <input checked="" type="checkbox"/> My Life “De-Stressing” Plan <input checked="" type="checkbox"/> The Creative Outlet

**Recommended Strategic Directives to Heal the
“Mental or Physical Impairment” Seed**

Healthy Undercurrents (in Bold)	Techniques to Inject Healthy Undercurrent
<p align="center"><i>(Drawn out Medical Illness)</i> Education, Support, Stress Management</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Our Stress Management Plan <input checked="" type="checkbox"/> Education/Resource Plan <input checked="" type="checkbox"/> The Creative Outlet
<p align="center"><i>(Someone Seen as Patient/Mental Case)</i> Normality and Accountability</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> <i>The Miracle Worker</i> Movie Clip <input checked="" type="checkbox"/> My Health & Wellness Agreement <input checked="" type="checkbox"/> Family Support Plan <input checked="" type="checkbox"/> <i>The Super Nanny</i> Video Clip
<p align="center"><i>(Chemical Imbalance)</i> Psychotropic Medications</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Medical Evaluation Plan <input checked="" type="checkbox"/> Village Support Plan <input checked="" type="checkbox"/> Medication Compliance Plan
<p align="center"><i>(Brain or Mental Impairment)</i> Consistent Structure, Education, Support</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Daily Hygiene Plan <input checked="" type="checkbox"/> Self-Care Plan <input checked="" type="checkbox"/> Education/Resource Plan
<p align="center"><i>(Lack of Forgiveness/Resentment)</i> Forgiveness</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> <i>The Horse Whisperer</i> Movie clip <input checked="" type="checkbox"/> The “Apology”- Healing the Family Heart <input checked="" type="checkbox"/> Memory Board of Appreciation <input checked="" type="checkbox"/> The Empty Chair
<p align="center"><i>(Lack of Consistent Nurturance)</i> Unconditional Love, Consistent Nurturance</p>	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Cups and Self-Worth <input checked="" type="checkbox"/> The Hug Prescription <input checked="" type="checkbox"/> Random Acts of Kindness <input checked="" type="checkbox"/> 30-Day Nurturing Campaign

Recommended Strategic Directives to Heal the “Unmet Primal Need” Seed

Healthy Undercurrents (in Bold)	Techniques to Inject Healthy Undercurrent
<i>(Maslow’s Unmet Hierarchy of Needs)</i> Fill in “Missing” Maslow Need	<input checked="" type="checkbox"/> The “Helping Hands” Campaign <input checked="" type="checkbox"/> Daily Words of Affirmation <input checked="" type="checkbox"/> Finding Safety and Security
<i>(Lack of Attachment or Bonding)</i> Attachment Bonds	<input checked="" type="checkbox"/> <i>The Fresh Prince of Bel Air</i> Video Clip <input checked="" type="checkbox"/> Random Acts of Kindness <input checked="" type="checkbox"/> Increasing Emotional Closeness <input checked="" type="checkbox"/> Restoring Emotional Family Bonds <input checked="" type="checkbox"/> Acts of Positive Communication <input checked="" type="checkbox"/> Fostering a Pet
<i>(Lack of Forgiveness/Resentment)</i> Forgiveness, Prayer	<input checked="" type="checkbox"/> The “Apology”- Healing the Family Heart <input checked="" type="checkbox"/> Memory Board of Appreciation <input checked="" type="checkbox"/> The Empty Chair <input checked="" type="checkbox"/> Daily Words of Affirmation <input checked="" type="checkbox"/> <i>Antwone Fisher</i> Movie Clip
<i>(Lack of Connection to God or Higher Power)</i> Connection to God or Higher Power	<input checked="" type="checkbox"/> Spiritual Growth for Our Family <input checked="" type="checkbox"/> Connecting to God Through Service <input checked="" type="checkbox"/> Connecting to God Through Prayer
<i>(Mind, Body and Spirit Unbalanced)</i> Restoring Balance	<input checked="" type="checkbox"/> Our Family “Life Balance” Plan <input checked="" type="checkbox"/> My Balance Wheel <input checked="" type="checkbox"/> Reclaiming Family Traditions