

HANDOUT

SEED DEFINITION WORKSHEET

<p>Misuse of Power</p>	<p>Misuse of Power and Control is when:</p> <ul style="list-style-type: none"> • Children are “drunk with power” and they control the mood of the household through behaviors such as disrespect, violence, or running away to bully or scare their parents into handing over their authority to the child. And parents, without realizing it, hand their authority over to the child or teen when the parent is inconsistent, uses empty threats, and lectures or nags. • In wolf packs the child would be the alpha male or female or the pack leader on top while you, the parent, would be down underneath them. It is the parents or adults who should be the pack leaders. • Finally, adults misuse power by becoming emotionally or physically abusive to another person in an effort to control them. <p>So ask yourself this question:</p> <p>Are any of the problems or stressors that you listed on your chart caused by Misuse of Power issues? If the answer is “yes,” check the box.</p>
<p>Unhealed Wounds</p>	<p>Unhealed Wounds typically happen in one of two ways:</p> <ul style="list-style-type: none"> • #1- Unhealed wounds occur when you or someone else in your family experiences a traumatic or painful life event that simply does not heal over time or on its own. Common examples include a bitter divorce, being emotionally or physically abandoned by someone you trusted such as a parent or friend, the death of someone you really loved and you still are not over it, etc. • #2- Unhealed wounds occur over time when there is a lot of tension, disrespect, or arguing between parents and kids. Over time this sucks out feelings of closeness or nurturance in the home and is replaced by bitterness or unforgiveness. Family secrets or unforgiveness only make the wound worse. <p>So ask yourself this question:</p> <p>Are any of the problems or stressors that you listed on your chart caused by Unhealed Wounds? If the answer is “yes,” check the box.</p>

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<p>Mental or Physical Impairment</p>	<p>Mental or Physical Impairment:</p> <ul style="list-style-type: none"> • Chemical Imbalance or Mental Impairment is when there is evidence that the symptoms (depression, ADHD, violence, hyperactivity, substance abuse, etc.) are mainly caused by a chemical imbalance in the brain that can be helped by medications (Prozac, Ritalin, Zoloft, Paxil, Celexa, etc.). However, according to the research, for a child or teen to have a chemical imbalance, they cannot turn on or off the problem at will. • Physical Impairment is when something happens physically to impair the person. An example might be when a family is going along fine and all of a sudden someone gets a brain injury in a car accident, cancer, Alzheimer's, a child with Down Syndrome, etc., and the family has to stop their normal routine and lifestyle to help this person. The stress goes through the roof. Look at what happened to Christopher Reeve who played Superman. One day he was fine, the next day he falls off a horse, severs his spinal cord, and is in a wheelchair for life. <p>So ask yourself this question:</p> <p>Are any of the problems or stressors that you listed on your chart caused by a Chemical Imbalance or Physical Impairment? If the answer is "yes," check the box.</p>
<p>Unmet Primal Needs</p>	<p>Unmet Primal Needs can occur in several ways:</p> <ul style="list-style-type: none"> • #1- Our basic needs are not met – Food, clothing, shelter, feeling safe in our home or neighborhood, etc. If these needs are not met, stress skyrockets. • #2- Every human being needs an emotional attachment, love, and hugs. For example, foster children often have problems with emotional attachments and react with symptoms or stressors of out-of-control behavior, depression, or cutting on their arms. • #3- There is an imbalance of Mind, Body, and Soul. For many a lack of prayer or a lack of connection to God or a higher power leads them to a feeling of disconnection, a lack of deep peace, or great difficulty in letting go of past resentments and forgiving others. Other common symptoms include being a workaholic, inability to sleep, or medicating the pain with prescription drugs or alcohol. <p>So ask yourself this question:</p> <p>Are any of the problems or stressors that you listed on your chart caused by Unmet Primal Needs? If the answer is "yes", check the box.</p>

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