

# ***FEELING YOUR WAY THROUGH THE PLOT***

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Use this worksheet to recognize and resolve Plot scenarios. Remember that our emotions are drawn to stories and drama.

1. Lets give this scenario a name: Mom & Me

2. What is the stage you are on? (Describe the physical and factual setting.)

I am a woman in my late twenties and my mom is in her late 40s. We live in the same state, though hours apart.

3. Who are the villains, victims and heroes? (Describe the emotional roles.)

Mom = Villain, Me = Self Hero (Hopefully)

4. What feels unfair? Why does it drive you crazy?

The critical, vocal nature of my mother. She's always told me I really wouldn't be anything (other than a housewife) and how my sister would accomplish so much, I was overweight, not ladylike, etc. She's criticizing even when she's complimenting. (i.e. WOW! Your pants are really loose! You look like you've lost a *TON* compared to the last time I saw you. She can never just say - WOW! You look great!)

5. How does this make your circle of influence feel? (Co-workers, family, & friends.)

It really upsets my husband.

6. What is the "good" you think the other person is seeking? (Remember, they are trying to move from pain towards pleasure, even if their methods and outcomes are less than desirable.)

I think she is trying to transfer the pain she suffered as a child from the result of her mother doing the same thing to her.

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7. How does this scenario affect the bigger picture?

Typically I would say it causes learned behavior. Her mother did it to her, now she's doing it to me – I should be doing it to my daughter. But, due to awareness I will be making a focused, conscious effort not to treat my daughter that way.

8. By what method are you attempting to triumph over this? How is it working for you?

I tried to talk to her about my feelings and she doesn't "get it." She thinks I am over-exaggerating the situation, denies that she's ever treated me that way, etc. It is something she very much chooses not to accept or see.

9. How strong is your energy? Is it over 40%? Is there an emergency? Does it create negative results?

Not very strong anymore. Once I realized that she is not going to believe the reality of my feelings I quit expending energy on the situation.

10. What role are you playing?

I'm not sure what role that leaves me playing.

11. If you are not trying to triumph over this, have you given up? If so, is it because you are playing the victim role or because you have walked off the stage? If you are a victim, have you sought out help from a true hero?

I have let it go. I've come to terms with "that's the way she is." All I can do is try to be my best and not let her "baggage" affect me. I guess if it still feels "unfair" to me at all, it's only because I disagree with the behavior.

12. What mannerisms and tone of voice do you use when acting out this drama? Either *act out* this behavior in front of a mirror or another person, or write out your feelings below.

I think I use a normal tone of voice – if anything a bit detached. I tend to speak to her more as an acquaintance than anything else. If I don't tell her anything too personal – she can't use it against me.

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13. What is a better way to meet everyone's emotional needs?

Extend to her the kindness I wish to receive from her. (Have previously tried this approach, but have long since given it up.) Maybe compliment her more often... It's hard to come to a conclusion here because she genuinely does not believe that she treats me this way. I guess I will just try and continue to understand that it's not a conscious or intentional pain that she's inflicting.

14. What is the good in this drama? Why do you need this? What can it help you learn? Why would your soul have had you go through this situation? (For example: "To give up arrogance and learn humility.")

The good in this scenario is it taught me to be tough and push hard for who I want to be. It taught me that self-acceptance is more important than what others think - as long as I am comfortable with who I am. I think the reason I had to go through this situation is so that I could be more understanding and caring about others and more strong and independent for myself. It gave me a sense of the strength of words.