

RESPONSIBLE DECISION-MAKING

Unsure

“What if it goes wrong?”

In the book: Chapter 6 · The Dance of Trust

WHAT IS UNDERNEATH — AN IFS VIEW

A part that has been let down and now wants a guarantee before it moves. Hesitation is a risk assessment, not stubbornness.

TRY THIS, RIGHT NOW

Name one thing that has held you before.

FOR THE CHILD

Name one thing that has held you before — a branch, a hand, a chair. Trust remembers evidence.

FOR A PARENT

Don’t sell the outcome. Shrink the step: “You don’t have to go in. Just stand at the door with me.”

FOR AN EDUCATOR

Give the choice between two safe options rather than one open question. Agency reduces threat.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.