

RELATIONSHIP SKILLS

Unseen

“Nobody notices me.”

In the book: Chapter 2 · The Golden-Eyed Guardian

WHAT IS UNDERNEATH — AN IFS VIEW

A part that has given up asking. Being overlooked hurt, so it made invisibility the plan — you cannot be rejected if you were never in the room.

TRY THIS, RIGHT NOW

Tell one person one true thing about your day.

FOR THE CHILD

Choose one person and say one true sentence to them. It doesn’t have to be big. “I got picked last today” counts.

FOR A PARENT

Notice something specific and unrelated to achievement: “You took your shoes off quietly so the baby stayed asleep.” Being seen for who they are, not what they did.

FOR AN EDUCATOR

Use their name in the first five minutes of the lesson, in a neutral sentence. Quiet children can go whole days unnamed.

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.