

SELF-AWARENESS

Sad

“My eyes want to rain.”

In the book: Chapter 15 · The Rain

WHAT IS UNDERNEATH — AN IFS VIEW

An exile finally allowed through. Sadness that is witnessed completes; sadness that is interrupted goes back underground and returns as behaviour.

TRY THIS, RIGHT NOW

Let the tears come — they finish on their own.

FOR THE CHILD

Let the tears come. They stop by themselves, like rain does.

FOR A PARENT

Stay, be quiet, and don’t cheer them up. “I’m here, take your time” is the whole intervention.

FOR AN EDUCATOR

Allow tears without an audience and without sending them away alone. Presence, not the corridor.

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.