

Practicing Openness and Safety

(Unit 2)

Shaindy and Tzvi

Shaindy had a horrible day. She was so tired the night before that she decided to leave a few things to do for the morning before she left for work. The problem was the few things she needed to do in the morning took longer than she expected and she got to work a little late. She works at a school for children with behavioral and learning issues, and by the time she got to her classroom, the children had seriously damaged the bulletin board she had worked so hard on, and had turned her desk upside down, literally. The classroom was a mess, and the kids were out of control. She didn't understand what had happened. These children were not supposed to be allowed to go to their classroom from the assembly room where they go when they are dropped off, without someone supervising them. It took her an hour to clean up the mess, put things right and get the kids under control. She was exhausted, frustrated and feeling really finished by the end of the day. It had taken all her energy not to lose it at the kids. As she was leaving, the principal called her in and told her how disappointed she was in her and what happened that day; how this wasn't good for the children and that she needed to be there before the children – always. Shaindy was already feeling badly enough and this just put her over the edge. When she initially took the job she was told that there would be on the job training for those without experience like her, and that there were all of these systems in place to make sure the kids were never unsupervised in a classroom, even if someone was late. They weren't supposed to be late, but she was led to believe that it would be taken care of if it happened. Now here she was, not supported and not particularly trained and being yelled at by the principal. She was totally wiped out! She really wants some support at home but she thinks her husband will be blaming and point out the things she could have done differently (like he usually does) instead of being supportive.

Fact: _____

Fact: _____

Fact: _____

Opinion: _____

Opinion: _____

Opinion: _____

Feeling:

Feeling: _____

Feeling: _____

Recognition: “I see you”:

What Tzvi could do: _____

What he could say: _____

Acknowledgment: “I connect with you”:

What Tzvi could do: _____

What he could say: _____

Validation: “I understand you”

What Tzvi could do: _____

What he could say: _____

Moishe and Yehudis

Moishe’s brother Ami, has not paid him back. He had come over a few weeks ago and asked to borrow money for some supplies for a new business venture. He had said that he only needed the money short term because he had someone interested in joining him in the business, who would be contributing financial investment as part of the deal. The problem was the other guy wasn’t going to be able join him, and make his contribution immediately and there was a great deal on these supplies they would need, that was not going to be around when this guy was ready to invest next month. Moishe’s wife Yehudis was not so excited about this idea. It was a significant amount of money, and she knows that business things that were “supposed to happen” didn’t always actually happen. Moishe told her that he really trusts his brother and wants to help him out. In the end, Yehudis said fine, not really meaning it. Now Ami had come to tell Moishe that the guy that was supposed to invest backed out. He gave Moishe back part of what he had lent him and promised that he would be repaying him and Yehudis, it was just going to be slowly, as his business made money, and not in one lump sum, because this potential partner didn’t come on board. Ami felt so terrible about this and was practically shaking telling Moishe. He really doesn’t want this to cause trouble, not between him and Moishe or between Moishe and Yehudis. Moishe believes him that he will slowly pay them off. Ami has always been honest to a fault. On the other hand he is really frustrated with Ami. He made it sound like such a sure thing. Was he actually less honest than she thought? Was he played himself, and if he was, why is he not picking up on these things? Is he not cut out for business? He has his own feelings of frustration and confusion. He really needs a listening ear. Will Yehudis be able to listen?

Fact: _____

Fact: _____

Fact: _____

Opinion: _____

Opinion: _____

Opinion: _____

Feeling: _____

Feeling: _____

Feeling: _____

Recognition: "I see you":

What Yehudis could do: _____

What she could say: _____

Acknowledgment: "I connect with you":

What Yehudis could do: _____

What she could say: _____

Validation: "I understand you"

What Yehudis could do: _____

What she could say: _____