

## Trust-Based Relational Intervention®

*Principles, Strategies, & Practices*

Principles	Strategies	Practices
<b>Empowering</b>	Ecological	<i>Creating a Safe Environment</i> Transitions, Rituals, Artifacts
	Physiological	<i>Preparing the Body</i> Hydration, Blood Sugar, Healthy Touch, Physical Activity, Rhythmic Activities, Sensory Milieu
<b>Connecting</b>	Mindfulness	Calm Presence, Attunement & Awareness, Flexible Responding, Creative Problem Solving
	Engagement	Valuing Eye Contact, Authoritative Voice, Behavioral Matching, Playful Interaction, Healthy Touch
<b>Correcting</b>	Proactive	Life Value Terms (e.g., Using Words, With Respect) Behavioral Scripts (e.g., Choices, Compromises, Re- dos)
	Responsive	IDEAL Response® Levels of Response®

## One Per Person

Adoption 101 Homework, Class 7: "Where do I Land?"

Name: \_\_\_\_\_

### WHICH IS YOUR STRENGTH?

Of the three principles, I am best at \_\_\_\_\_ principles and struggle the most (or weakest) with \_\_\_\_\_ principles.

I probably (or believe I would), spend an average of \_\_\_\_\_% of my time CONNECTING with children in my care.

I probably (or believe I would), spend an average of \_\_\_\_\_% of my time EMPOWERING children in my care.

I probably (or believe I would), spend an average of \_\_\_\_\_% of my time CORRECTING children in my care.

### REFLECTION:

Of the three principles, MY PARENTS were the best at \_\_\_\_\_ principles and struggled the most (or weakest) with \_\_\_\_\_ principles.

My parents probably spent an average of \_\_\_\_\_% of time CONNECTING with me as a child.

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Class 7 Homework - On Love

STEP ONE:

Please read the attached article “On Love” written by Bryan Post with the Post Institute for Family Centered Therapy.

STEP TWO:

The article addresses fear. As part of your homework, please talk to your spouse, significant other, or someone important in your life about your fears. Do not talk about your fear of spiders, heights, etc. Talk about an actual fear that is not a tangible object. You might even surprise yourself about what your fear is, as many do not think about this on a day to day basis. It is important to be open and honest & try to talk for at least 15 minutes.

*Once you've completed steps 1 & 2 please answer the below questions:*

1. How did it feel to talk about your fear(s)? (i.e.: was it comfortable, challenging, insightful, etc?)

2. Was there anything that surprised you during this activity?

3. Think about the fears that some children in care may carry with them on a day to day basis. What are some fears that you think would be common for children in care?

4. In what ways do you believe the fears that children in care carry affect their lives?

5. How do you believe that this knowledge of fear and love can integrate into your everyday life? Will this change anything?

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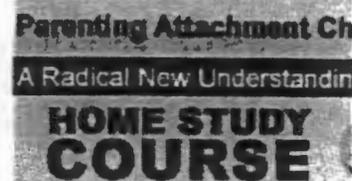
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## On Love

APRIL 13, 2010 BY ADMIN   [LEAVE A COMMENT](#)

We at the POST Institute decided to spend time examining the very fleeting experience of Love. Why do I say fleeting? Truth is love is not that common. To really know love, experience it, share it, sit quietly within it, is something that I believe eludes most of us most of the time. We are familiar with the all too common "I love you" and the quick "love you too" response that is more of a knee jerk reaction than a truly heartfelt expression of what the words really mean. Truth be told, we all strive for it, hope to raise our children in it, and would like to be seen as very loving. In fact, in the day to day we probably even believe that for the most part we are loving. But let's take a closer look shall we?

I believe that in order to truly understand something, we can best grasp it by understanding more fully its opposite. I was twenty-seven years old before I first realized that I was fearful. Not fearful on a moment to moment basis, but fearful in a way that it was a controlling factor throughout my life. Within a flash I looked back on my earliest experiences, the anxiety, the shyness, the vigilance, all rooted in fear. I have started this year off with a resolution of getting fit. The other day, as I was exercising, a flash of stress trigger entered my body. At first I could not place the source of my stress and anxiety. When I sat with it for a moment I realized the history of the stress trigger was in my fear of failure. You see, I played college football for a couple of years until I finally came to the realization that my dream of becoming a professional football player was more to get me to college than it was to become a reality. My first college football exercise was to run a mile in under twelve minutes. I was young, strong and in shape. Not really a big deal until I started running. I became filled with anxiety. I couldn't catch my breath, my heart was beating fast, soon I started to fear that I wouldn't make it and would have to run extra during the rest of the season. After a few laps I noticed that several teammates had finished and being a freshman, I wasn't particularly worried about anyone watching me, so somewhere in the mix of things I feigned completion and stopped alongside the rest of the guys. I never finished my mile: my fear got the best of me.

Such experiences were a significant part of my athletic life throughout school. Though I was by most accounts a dominate athlete, occasionally my fear would takeover and I would be almost helpless. I didn't realize this until years later while in therapy. Though the therapist was not particularly impressive she did point out to me that I seemed to have a tremendous amount of fear. It did not become fully conscious until another year or so passed and a client asked me what I was afraid of and I was about to reply, "I'm not afraid of anything," when suddenly it hit me like a lightening bolt, "I was afraid of everything and had been so for much of my life." After sharing with my client the light bulb she had just turned on for me, I began another round of therapy to examine deeper the fear that I had been carrying throughout my life.

Now you might ask, "Well Dr. B. if you are writing on love why exactly are you going into this diatribe on fear?" The point is that if you don't know what you are afraid of, you will never become conscious of whether the space you are standing in is one of love or one of fear. It is imperative and much easier to be honest with our fear, more so than our love, because our fear is much more pervasive in our lives. Now if you find yourself taking offense to that last statement, ask yourself why? Why is it that we become immediately defensive with things we do not like, rather than just opening and accepting? It's because of fear. We are always fearful of encountering new things. It's actually a scientific finding that when we encounter new things we perceive them as threatening and fearful until we deem them otherwise. If we were holding a space of love we wouldn't judge, wouldn't become so reactive, and defensive. We might laugh in our observance of the statement, find it amusing and then move on to the rest of life. But, we don't. Just like our children's behaviors. We are so fearful of our children doing wrong, we seldom see the right. It is much easier to see fearful behaviors or actions because our brains are always looking for a threat, as opposed to seeing attempts to survive, or to do better, or perhaps to just do as we've been conditioned. (Take a moment to read that last sentence again. I think there is something significant there, which probably deserves another article at some point.)

Love is simple. There have been songs, poems, books, and monuments built to honor it. However, love requires none of these things. Because it just is. My most sincere suggestion regarding love is that you look closer at the roots of your fear. If you can find it, connect to it, understand it, and don't judge it, but seek to really see it and how it plays out in your day to day experiences, you will then find the space of love. Remember love and fear cannot co-exist. Where one is the other is not. Your ability to see your fear makes it possible to then put it aside and return to love.

Enjoy this issue.

Dr. Bryan Post

*"A humble seeker of love."*

*Class 7 Homework - Connections & Supports*

*The adoption process is a challenging, yet rewarding process. There will be times in which your family may feel stressed from the behaviors of the child and you may need a break. Often families identify that they have a support network, but they rarely think about whom in their support network can help them with a child who may be having significant problems. Having a strong support system that can help in a time of need, and be supportive & positive, is a must for every adoptive family!*

**Who is in your support system that you believe would be supportive and positive in times of chaos and stress and may be able to help you if the child is being challenging? *List your support system.***

Name of Support	Relationship to Support	Have you talked to this support about your family adopting?	Do you feel this support will help you in a time of challenge and chaos?

*\*If more, add page*