

The Forrester Family Transcript and Activity

Section Three

1:04:18 Carol

“Okay, I want to point out something that I feel is important. I asked you how you felt, and you were able to tell me that. You were also able to tell me exactly what causes that and not a lot of people are able to do that. That’s a valuable tool in being able to solve problems and that’s a strength.”

“Now I want to also make sure that I understood you. It seems that a lot of your anger is coming from feeling disappointment and maybe a hurt from other people, especially your mom and your ex-husband. Is that right...someone hurts you, I mean really hurts you and that makes you angry?”

1:05:21 Ms. Forrester

“No, they can’t hurt me anymore. I learned a long time ago not to let people hurt you, or you won’t survive.”

1:05:41 Carol

“Sounds like you’re saying that it hurts too much to hurt. It seems that you get tough to protect yourself, only that just makes you feel stronger for a little while. It doesn’t really make the pain go away.”

1:05:58 Ms. Forrester

“No, it doesn’t.”

1:06:01 Carol

“Can you tell me anything else that will help us understand exactly how Jon gets hurt?”

1:06:08 Ms. Forrester

“I guess I get mad more than I should. But, Jon asks for it! He really deserves what he gets sometimes!”

1:06:19 Carol

“Okay, tell me a little bit more about that.”

1:06:24 Ms. Forrester

“Well, it’s like he does these things to make me mad. He does it on purpose and I yell at him. It’s like he looks through me, like I’m a brick wall. I mean I say red, he says blue. I say sit, he says run. It’s a losing battle with him. I think it’s in his blood. Jon’s a lot like his father. I don’t know. I thought after his dad left, that he’d listen to me more, things would get better. You know, they say how you treat a child is important. It helps them grow up better. I don’t think it matters. I really don’t think that it matters. I sound just like my mother now. She always used to say, ‘You’re too much like your own father for your own good.’”

Activity

In your triads, role play this scene, picking up where Ms. Forrester left off. Remember, the purpose of today’s interview is the Family Strengths and Needs Assessment. When the trainer calls time, the coach has some instructions that will help you process your work. When finished, the trainer will start the video again so you can see how Carol handled the situation.