

# The Forrester Family Transcript and Activity

## Section Two

**0:59:48 Carol**

“First we have to understand how Jon gets hurt and why that happens. Every family is different and until we both understand exactly what happens in your family, we can’t really choose the best possible solution. So, let’s talk about what happened this last time.”

“You seem really anxious. Are you worried about talking about this?”

**1:00:12 Ms. Forrester**

“No, I haven’t done anything wrong. I was just trying to protect him.”

**1:00:17 Carol**

“Okay and I want to know about that. I mean, how you do that and then what happens. And I know this isn’t going to be easy for you, so kind of tell me in your own way.”

**1:00:57 Ms. Forrester**

“I’ve just been really stressed.”

**1:01:00 Carol**

“What causes that stress?”

**1:01:03 Ms. Forrester**

“A lot of things. I mean, I think that the divorce still really bothers me and constant badgering from my mother, worrying about whether or not I’ll pass the job training class and if I’ll get a job even if I do pass. Just trying to survive the day is hard.”

**1:01:23 Carol**

“I know, just trying to get by is really hard. Okay, what happens when you get stressed?”

**1:01:29 Ms. Forrester**

“I get mad.”

**1:01:30 Carol**

“And you told me about that. You told me that you have a temper and how easily it flares up. What happens when you get mad?”

**1:01:42 Ms. Forrester**

“I don’t know, sometimes I just yell and scream and curse. I don’t know, if people get in my face, I normally shove them away and every now and then, I’m even known to take a swing. I don’t mean to, I just lose it.”

## **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.