empty chair work/unfinished business

1.) ‘task marker’ typically involves lingering, partly blocked, often strong, unresolved negative feelings about someone who is or has been significant in the subject’s life

2.) subject expresses blame, complaint, hurt;

3.) differentiation of feelings; almost always both anger & sadness

4.) mobilization/expression of core unmet need

5.) change in view of other

6.) resolution: self-affirmation and self-assertion – subject affirms self & lets go of unresolved feelings by
   a.) understanding  
   b.) forgiving  
   c.) holding other accountable

‘cookery tips’ (c.t.): ‘complaints’ are often fused anger & sadness – and in more complex cases maybe also fear & shame

‘f’ c.t: full resolution involves complete expression, self-affirmation, change in perspective on self & other, and letting go

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‘this work often takes time; “a lot of it is staying with it”.

notes:
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