



SILA Skills

Transforming Connections:

Building Emotional Resilience

What's going on:

Observe, describe, non-judgmentally
You? Patient/Co-worker
Emotional/Vulnerabilities
HALTSSSS

HINT:

Am I addressing the EMOTION or the situation?
No explanation or justification or sharing facts.
Less is more.

What's getting in the way?

Not accepting what we hear.
Trivializing the problem
Justifying ourselves
Quick to solve the problem
Wanting to be right
Focusing on the secondary emotion
Focusing on the behaviour (thorns)
Judging
Thinking we are approving, and it will continue

What's going on? What Happened?	What was said? What did we see? What are the feelings?	What can we validate? What do we say?
<p>Husband is from NF always wanted to transfer back to NF. We each want to be with each other's families.</p> <p>Evening, heels of a topic of future planning (career/money/etc). Huge sacrifice that he is away from his family, and they are there with her family.</p>	<p>Husband Priority is his family in NF, getting older, wants to be closer, guilty because been away for a long time, feels he wants to have family around/close. He doesn't have his family close by. Jealousy that misses nephews/nieces who are not close by. Lots of visiting and not enough/not the same. Careers – in previous years....loved the work now money not important, close to retirement, Many trips, spends lots of money</p>	<p>Validate: Sounds like you want to be close to your parents because they are getting older. I can understand how difficult it is that there is no obvious situation that leads to you moving back to Alberta. It's a big sacrifice that you don't get to be next to your parents. I can see how much of a sacrifice for you and it's not ideal for you. I can see how you might be feeling guilty for being away from home for so long. This is a very difficult situation, I don't know what to say.How to help...what to suggest, I can see its very painful for you.</p> <p>Not so much: Ya and so do I want to be beside my parents. You made the decision to come to Alberta, I didn't make it. Hey, we go back to visit a lot every year.</p>



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		We have enough money to be able to visit often.
	<p>You: Busy day at work. Division of household responsibilities (feeling a little unfair), after bed, settled here, don't want to pull kids away, selfishly want to be close to mom (1KM) and needs her. You feel better career opportunities in Alberta, Retirement...career with mom's org...excited and passionate about it....really looking forward to the second career, nothing available out in NF.</p>	<p>Validate Sounds like being close to your family is important to you. Your mom seems like an important part of your life. Looks like moving to NF would be a big change for you. Sounds like it's a huge ask.</p> <p>Not so much: It might be exciting to think of the possibility of joining your mom after your current career. Hey at least you've been near your mom while the kids were really little and really needed you.</p>