

IF ALL YOU HAVE IS A HAMMER...

The concept known as the law of the instrument, Maslow's hammer is an over-reliance on a familiar tool; as Abraham Maslow said in 1966, **"I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail."** ~ from Wikipedia

THE HAMMER

1. When do you feel like you have to fix it? Describe the situation.

2. What is the chosen strategy to fix it?

3. How do you feel?

4. What needs of yours would be met by fixing it for them?

4a. What needs of theirs would be met by fixing it for them?

THE CONTAINER

What fixing it isn't the best use of your talents?

Or, what if it doesn't support connection or denies another's experience or leaves them feeling unheard or incapable?

1. How would it feel to not believe you are responsible for fixing it?

2. If that's hard to imagine, what thoughts make that seem challenging, wrong or difficult?

3. If your role were to be a safe container to hold anything – including big feelings - for them unconditionally...

What needs of yours could be met?

What needs of theirs could be met?

EMPATHETIC LISTENING

Thinking back on this situation,

1. What was the other (child or adult) feeling?

2. What was the needing?

3. How would you reflect this back to him?"

For example:

"I can hear how ____ you feel,
and how much you want/need/wish for ____.
You really want ____, huh?"

Stay there.

As long as they need the comfort of being heard by someone who has the genuine desire to understand, your connection will deepen.

Wishing you more connection in the days ahead.

Eileen xx