

## **Analogies to Introduce the Trauma Narrative**

### **Watching a Scary Movie**

Ask child if there is a movie that was really scary to them, but they've seen many times. Question child on what it was like the first time they watched the movie (emotions, feelings in their body, reactions, etc)? And what was it like the second time? Maybe very nervous before it starts? After the third time they watched it? As they watched the movie over and over and over, what happened? Then compare to TN.

### **Opening a shaken up soda bottle**

Talk with child about what opening a really shaken up soda bottle is like. What happens if you just twist the lid off all at one time? Soda goes everywhere, no control over it. But what if you slowly, a little at a time, in a controlled way, unscrew the lid? The fizz slowly goes out and you can open the soda with no explosion. Compare to safe, controlled way we will discuss memories in TN. Use a real 2 liter to demonstrate if available ☺

### **Boiling pot left on the stove**

How well does it work to try to just hold the lid down tight to keep all the boiling liquid in? Not very. Must remove the heat to stop the boiling. That's what we will do in TN, remove the heat from the memories.

### **Riding a rollercoaster**

Same walk through as with scary movie. Talking about waiting in line and nervousness building. At some point they didn't want to go right? They wanted to turn back. But after riding the rollercoaster over and over and over...

### **Athletic Competition**

(UFC Wrestling Championship, Olympic Events, Basketball Playoffs, The SuperBowl, American Idol, etc....)

Choose athlete/team child looks up to from given sport (eg Kevin Durant) and talk about what they do to get into the playoffs. (Thunder's a great team right, but is the first game they play in a season the championship?) Talk about learning, building, practicing skills—getting really good. And demonstrating through the season that they are ready, have earned the right to compete. Compare to child's work through therapy thus far and that they have earned the right to address their past and you are 100% confident they are ready.

### **Cleaning Out a Wound (or a splinter in hand)**

Talk through example of falling off bike and getting gravel, dirt, grass, in a scrape on your knee. It's so sore initially, that you might try to just cover it with a band-aid, but don't get all the dirt out. What happens? The cut gets infected, now it's REALLY sore. The only way for it to heal is to go back and clean it out. And it may sting while cleaning it out, but it really doesn't take very long. And after it's clean, the cut heals.