

THE INVISIBLE STRING HOMEWORK



Pathways to
Permanence 2

PARTICIPANT
RESOURCE
NOTEBOOK

Parenting
Children
Who Have
Experienced
Trauma
AND LOSS

Session 4

Creating
Positive
Attachments
Part 1

Homework

Cut a length of string into pieces. Keep one for yourself to keep in your pocket, and give the other pieces to your special people for their pockets (your partner, child, sister, friend, etc.). During the day reach into your pocket and pull on your string, knowing that the other end is with someone who cares about you... how you think, what you want, what you need. When making a choice or decision about something, pull on your string and think about how it will impact the people at the other end of your string. If you're scared, pull on your string and feel less alone. If there is something to celebrate, you know your special people will be joyful with you.

On this worksheet, write down who you will give the string to, and how that string keeps you connected. Think about the fact that your string is connected to people with whom you have shared history, and unconditional relationships which have taken time to develop. For your children, the invisible string that connects them to you will also take time to develop, and may be connected more strongly at your end than at their end for longer than you expect.

My invisible string is attached to me, and to others in my life. I carry that person in my heart when they are right next to me, and when we are far apart from one another.

My string is connected to:	When I tug on it, I know:	Because the person on the other end: