

THE INTERNAL WORKING MODEL COMES ALIVE WORKSHEET

Developed by Laura Ornelas, L.C.S.W.



Pathways to
Permanence 2

Parenting
Children
WHO HAVE
Experienced
Trauma
AND LOSS

Session 5

Creating
Positive
Attachments
Part 2

Homework

Homework Instructions:

1. Our homework assignment for this session is to bring the concept of the Internal Working Model (IWM) to life by looking at your own IWM and that of your child's.
2. Look at the "The Internal Working Model Comes Alive Worksheet" on the reverse side of this page.
3. In the Parent Response column, fill in your responses according to your own beliefs, or Internal Working Model, of these phrases. Don't think too hard, just respond with what first comes to mind.
4. After you have completed the Parent Response column, cover your responses in that column with a folded sheet of paper so that you will not be distracted by those answers as you complete the rest of the worksheet.
5. For the second part of the assignment, you will focus on your child's IWM (if you have more than one child, choose one child to focus on, or you can make a separate sheet for each child if you like). With the Parent Response column still covered, complete the Child's Perceived Response column according to what your child's responses to these phrases might be. Consider your child's specific history while you simulate his/her answers.
6. After completing the second column, uncover the Parent Response column and compare your answers to your child's. Notice the differences. Think about how your child responds in the world if this is the lens through which he/she is viewing him/herself, the world, your family, etc.
7. See if you can practice parenting your child according to what his/her IWM is for at least one day. Try to practice this when your child has just done something wrong, and see how or if your reaction changes, or if his/her response changes. Take the time to practice parenting your child with his/her Internal Working Model in mind.



	Parent Response	Child's Perceived Response
Families are...		
Parents should be...		
Children deserve...		
Children should become...		
Adoption is filled with...		
An abused child becomes...		
Discipline is...		
The owner of the child's problem is...		