

You remember x, imagine what that would feel like. Parent wants to say, "Good news: you're ok because that never happened." (Invalidating)> You telling kid not his reality, doesn't fix that.

Then wrestles with invalidating and I'm incorrect.

Try this instead:

- Must have been so scary to feel like you were alone.
- Must have been so scary to think your parents were fighting like that, I don't remember that way.

Is this where your passion truly lies? Not offenders, generalist – want to remain relevant.

Not seeing how the behaviors relate to trauma, being confrontational (builds more shame), not supportive.

Behavior is a way to protect themselves.

What you think impacts what you get.