



The
Saturday
Conversation



Getting Started

Why is it called “the Saturday conversation?”
well...

School has finished for the week and your young person will have two days where they can have some breathing space and think straight. Asking them to bring online their logical brain when they are overwhelmed with emotions will not lead to a helpful thinking space, this is not to say you have to stick with a Saturday! Find what works for you both.

To have the conversation use the understanding anxiety worksheets that you completed yesterday. These will help provide a structure to the conversation as well as keeping you focused. Remember: each parent/child will manage this conversation differently and that’s ok!



Anxiety doesn't always look like a nervous child.

Sometimes it looks like a quiet, angry, or difficult child.





The Saturday conversation Step-by-step



Plan a time to sit down together
both agree on the time



Give yourself 20 minutes no more!
Set a timer!

You are both likely to get overwhelmed so setting the timer gives the conversation a frame. Once the timer goes off stop, put the worksheets from yesterday to one side.



Take a 5 minute break

Move your bodies - go get a drink or stand and move your bodies. Its important to try and move the tension around and not allow it to get stuck in your bodies.



Set another timer for 20 minutes and work through the 'making a plan worksheet'.



Try not to overthink the plan.

Just write down what comes to mind initially. The plan will be a 'live' piece of work - you will come back to it regularly to make adjustments and think about what has and hasn't worked.



Each of you work on your own plan for 15 minutes.

Then with 5 minutes to go share your plans - swop them. See what is the same and if you are both on the same page. If you have very different ideas, put it to one side and come back to it.



Do not work on this for any longer than two forty minute stints.

It will be too much, thinking will stop and you will both be likely to become overwhelmed and lose patience with each other.



Remember!

This is a process and not an overnight fix. But if you stick to the plan and follow the steps you will have a useable plan that works.



Notes



Notes

