

FAMILY DYNAMICS

Study Guide for Virginia Satir Family Series

DVD #2 - Family Interview

Introduction:

This DVD chronicles how Satir gets information from the family. Focus on Satir's style during the tape and notice how she uses words, movement, and touch to gain the cooperation of the family.

Questions:

1. Describe how Satir arranges the physical composition of the family group.
2. Why do you think Satir re-positions the family frequently?
3. What was your reaction to phrases by Satir such as, "I sense", "You seem", "Your feeling"?
4. Why do you think that the three family members sometimes answer to Satir and not to each other?
5. What techniques does Satir use to put this family at ease?
6. Discuss Satir's sense of humor.
7. Do you think that the verbal response of the family members were in agreement with their body language? Give examples.
8. What is the "family voice"?
9. How can communication and interaction patterns be improved in a society that restricts interactions? Get ideas from the tape.
10. What are some considerations to make in using this type of therapy with families from other cultures?

Activities:

1. Construct a paper family by picking out a color and cutting a shape for each member in your family. Arrange the shapes on a separate piece of paper to show how they interact with one another.
2. Describe yourself as a person. Compare your description with the descriptions of other members in the class.
3. Describe yourself as you think your mother, father, siblings and children see you. Do each description separately.
4. Compile a list of twenty values and rank them from one to twenty with one being the most important. Compare the rankings of members in the group.
5. Using two of your classmates, have students pose in three different positions of power vs. non-power, utilizing the available space and furniture.
6. Practice the technique of eye contact when speaking and stating feelings. Write a summary on how these techniques may affect your interactions with others.
7. Research the topic of eye contact in other cultures.
8. Recall an unresolved issue in your early childhood and describe how the use of Satir's techniques and methodology, might have resolved the situation.

Evaluation:

1. Compare and contrast the interactions and patterns of communication within your own family with another family who you know very well. Do not use value judgments such as "good" or "bad".
2. Write a news release for your local paper that reviews this tape.
3. Show several pictures of family groups. Present a role play which describes what may be happening in each picture. Use verbal and non-verbal communication to solve problems if they seem to be present.
4. Role play a family interview and incorporate Satir's techniques of direct eye contact, re-positioning and verbal expression of feelings.

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The Virginia Satir Family Series

Family Interview

DVD #2 - Transcript

The Virginia Satir Global Network www.satirglobal.org

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FAMILY INTERVIEW Transcript

VIRGINIA: So what we're going to have here is a special family who has done us the good service of coming here. The family members are Kent, Jane and Gary.

VIRGINIA: How are you feeling, Kent?

KENT: I feel kind of funny almost.

VIRGINIA: Kind of funny?

KENT: Kind of nervous.

VIRGINIA: Nervous, where do you feel nervousness in our body?

KENT: Um...a little bit in my stomach.

VIRGINIA: A little bit right here?

KENT: Yeah, a little bit.

VIRGINIA: Okay. Do you have any idea what came out that you used to make yourself nervous?

KENT: Not really.

VIRGINIA: Something I said, the way I looked, what the audience did. I don't know... What did you notice?

KENT: Just getting up in front of the camera.

VIRGINIA: Oh, the camera! You know, when I was in the washroom I was thinking that I forgot to say something. We are all around with friends. Even the cameras are friends. But apparently you didn't feel that way.

KENT: No, not really. I just felt kind of nervous getting up in front of the camera.

VIRGINIA: Oh, maybe like you're going to be a star for the first time. Oh, yeah. I remember the first time I did. I went on the Phil Donahue show, but Phil was just running around like that. You've got to do everything right now, you know. And I had to get over that too or else I would have been a blubbing idiot. It turned out fine though. How are you feeling now?

KENT: Better. It feels better.

VIRGINIA: Good. Good.

KENT: I don't feel tense anymore.

VIRGINIA: Good. Isn't it marvelous how that goes away?

KENT: Yeah.

VIRGINIA: I know a way that we could keep it there, but we don't want that. Well, Jane how about you? How was it for you this morning out there?

JANE: It's tense... It's like going to the dentist, when you've got the pit in your stomach.

VIRGINIA: Oh, you've got another pit in here. Do any of you know how to do pits in your stomach? Do you ever have them or are we the only ones that know anything about it? See that's a very important place for us. That's the place in ourselves which starts to give us messages about the fact that we aren't yet integrated into the context, whatever that is. Well, what is going on with it now Jane?

JANE: It's still there.

VIRGINIA: (Has her turn her chair.) A little better. Because you know, you were on a screw here...Now let's go back to your tummy. I'm always interested in tummies. What's it feeling like now Jane?

JANE: The same.

VIRGINIA: Tell me something. Do you have any idea what you used today to make your tummy go round and round?

JANE: Just nervous energy.

VIRGINIA: Okay. You see, this is a very special thing you're doing. You and Kent and Gary, and when you thought about coming here, what did you think?

JANE: I was excited...there's fear, but there's like, excitement. There's more than the fear.

VIRGINIA: Okay, all right. So let's see. I think it's all the same energy, that fear and excitement are the same thing. Here you don't know quite what's going to happen but it feels kind of like that (i.e. excited). Is that the way it is?

JANE: Yeah. DVD #2 -Family Interview P a g e | 2

VIRGINIA: Because our stomachs do that too. After awhile we can begin to see a difference between when the stomach is feeling anxiety and when it's excitement. You don't do this every day, do you?

JANE: No.

VIRGINIA: Well, all right. Was there anything that had some special meaning for you this morning, sitting out there?

JANE: Um...I think seeing somebody else come up first really made a lot of difference to me. That made me a lot more relaxed.

VIRGINIA: Now who?...There she is! That's Laura. So that helped.

JANE: Yeah, that helped a lot.

VIRGINIA: So you could see that no terrible things are going to happen. **JANE:** Yeah.

LAURA: Yeah.

VIRGINIA: She was pretty good, don't you think?

LAURA: I was nervous too.

VIRGINIA: Listen, everybody else is probably the same. But you don't have to say so. Then you can keep the secret! How are you feeling now?

GARY: A little nervous, but not too bad.

VIRGINIA: Okay. Where is yours located?

GARY: The same general tightness...

VIRGINIA: And that's something par for human beings, as you're aware. Gary, what do you think you used to make your tummy go round? Jane has some excitement and Kent, I think, has a little bit of that too. You'd like to be a star.

KENT: Yeah.

GARY: I think it was the anticipation, not quite knowing what to expect and everything.

VIRGINIA: Uh-huh. See, I don't know what to expect either. What do you do with that?

GARY: Just get nervous.

VIRGINIA: See, when I say what I mean is if I knew ahead of time what would be there, then you would have no chance.

GARY: I see, right.

VIRGINIA: What I know is that when I come together with people, we are together as human beings joining our energies to see how we can move beyond whatever is going on. That's how I look at it. Well, in case people were wondering, we'd already met before so I had a chance to find out your names. Now I want to make a map... (Tangled in cords.) No, that's all right. Part of this is umbilicus...You can't see that. Can you move it this way? I hope that doesn't give too many problems. No, no. This is what I want. There, OK...I always start off with a map. Let's see... I'll do this one here, because I already know... Is that G-A-R-Y.

GARY: Yes it is.

VIRGINIA: And you are J-A-N-E... Now, do you have any other children?

JANE: No, just Kent.

VIRGINIA: One and only...Okay...Who are those others here who are only children? Let me see... Look around Kent, and see, because there are a few around. Is that K-E-N-T?

KENT: Yes.

VIRGINIA: Okay. How old are you Kent?

KENT: Fifteen.

VIRGINIA: Are you a new, middle-aged or old fifteen? That means how close are you to your sixteenth birthday?

KENT: Um... middle.

VIRGINIA: So you're a middle-aged fifteen. I try to get people started early on this, so every year they go

through all three phases. Okay. And where are you on that one Gary?

GARY: I'm 47...46.

VIRGINIA: Does that mean that you're an old 46?

GARY: Yeah, pretty old.

VIRGINIA: You already said 47, and I have a hunch...so you're 46. In a few months you'll be a new 47. Old 46...And what about you Jane?

JANE: 39... young. DVD #2 -Family Interview P a g e | 3

VIRGINIA: You're a new 39. Well, that's pretty good. We've got new, old and middle aged. 39 you said. Okay... How long have you guys been married?

JANE: 19 years.

VIRGINIA: 19... Do some arithmetic for me. That makes you ...61?...62?

JANE: What year?

VIRGINIA: Uh-huh. What year was that?

JANE: The year we were married.

VIRGINIA: Uh-huh.

JANE: Oh, sixty...

GARY: '63.

VIRGINIA: '63 OK...You were 29 when you got married.

GARY: yes, 28...1 just turned 29...

JANE: You must be 47.

VIRGINIA: If nothing else, you got your age right. You must be a new 47.

GARY: That's right, I must be.

VIRGINIA: When is your birthday?

GARY: 1936.

VIRGINIA: No, I meant the birth month.

GARY: April.

VIRGINIA: Well, this is already December so you must be...Well, now we've got it. You're a middle-aged 47.

GARY: 46.

JANE: I guess you are 46.

VIRGINIA: Okay... You were about 28 when you got married?

GARY: Yes, I was.

VIRGINIA: Okay...28 over there. And Jane, you were about...

JANE: I just turned 20.

VIRGINIA: 20, huh?

JANE: I was married two days after my birthday.

VIRGINIA: Birthday present. So you were 20...20, Okay...15...You were born in '67?

KENT: Yes.

VIRGINIA: 1967...Okay. I always try to get that. This kind of gives me a little picture about what's going on. Well, when you thought about coming here, for whatever it is you wanted to come, what was it that you hoped would happen for you? That's another way of talking about how is it... Is there something in the family you want changed or somebody or the relationship or something of that sort? What do you hope will happen?

JANE: Getting along better with Kent, I think. Gary and I have a pretty good communication but we realize that Kent is going into an age group where we are not relating like we used to. A lot of changes... he's going through a lot of changes. The whole family is, but between a teenager... a lot of different things that we just don't feel we know how to deal with... getting a better communication going with Kent again.

VIRGINIA: Okay, you want... Let me see if I can figure that out. You'd like a way to what, let Kent know more about what you think and feel? What is it that you want him to know Jane?

JANE: Just exactly that. I think to know what our values are basically... or what we think are our values.

VIRGINIA: Do you think Kent doesn't know them?

JANE: No, he probably does.

VIRGINIA: Oh, I see, I see. What you want Kent to do is act more on your values.

GARY: Well, more or less... I'd say so, yeah.

VIRGINIA: Okay... Is that what you want too?

GARY: I guess so, yeah.

VIRGINIA: What do you want?

KENT: I want to improve our communication too.

VIRGINIA: With whom?

KENT: With my parents.

VIRGINIA: What about this other piece of values? What do you think your mother's talking about when she says she wants you to act more on her values, and maybe your dad's.

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KENT: Well, maybe she wants me to act more... follow some of her ways and the things she believes.

VIRGINIA: Which ones? Let's get real specific.

KENT: Um... be honest and...

VIRGINIA: What does that mean?

KENT: Well, not to lie.

VIRGINIA: Not to lie when? Everybody lies sometimes. When aren't you supposed to lie?

KENT: Just not to lie, when you're talking to people.

VIRGINIA: What kind of lies? Do you lie? Do you know how to lie?

KENT: Yes.

VIRGINIA: What kinds of things do you tell lies about? I can tell you what I tell lies about.

KENT: Just little things.

VIRGINIA: Like what? See you all live with this and you all know, but I want to try to get a picture.

JANE: At school.

KENT: School.

VIRGINIA: You've got your (helper) already. Did you notice that? If your mother hadn't said "at school", what would you have said?

KENT: Probably school.

VIRGINIA: School...Just kind of give me a picture now. Does this have to do with a teacher? What does it have to do with?

KENT: Well, just school in general.

VIRGINIA: Now tell me how you work out the lying with that, because I have no picture whatsoever.

KENT: Well...getting to class and things like this.

VIRGINIA: You mean you wouldn't go to class. Is that it?

KENT: Yeah.

VIRGINIA: All right. Let's put up this thing, just so I can understand. Here you're supposed to be in class. Your name is on the class list, and then you don't show up. And then somebody says "Kent, were you in class?" and you say, "Of course I was there". Is that what you're talking about?

KENT: Yeah.

VIRGINIA: Ah! Oh, that kind. Do you know how to do that?

JANE: No, I don't know how to do that?

VIRGINIA: You don't know how to do that?

JANE: I went to school.

VIRGINIA: You didn't do that in school, but do you know how to do it in your life? Do you know how to cover up for yourself?

JANE: Oh yes.

VIRGINIA: Now what's your way of doing it as you think of it Jane?

JANE: Well, actually, I think I don't...I think covering up wasn't good for me. I decided that it's easier to be straight about things.

VIRGINIA: When did you decide that? Because then you did know something about it.

JANE: Oh I'd say about ten years ago I came to that conclusion. If I don't think something that takes... it's very hard to always be straight with people.

VIRGINIA: Is that in relation to Gary?

JANE: No, I'd say he's always been much more...

GARY: That's where we started out.

JANE: We were very good friends before we married, and I'd say we've always been very straight with one another.

VIRGINIA: Would you turn a somersault if I found out that you both know how to be crooked with each other as well as being straight. I don't know this...

JANE: No, I'm sure we do.

VIRGINIA: Okay. So what for you, you made a turn when Kent was five, because that was ten years ago. He was five then. Do you have any idea what happened to you Jane?

JANE: I kept getting caught in little white lies, or seeing how much it hurt sometimes. You hurt people. Different things happening and realizing that everyone's playing these little games. It seems to me that it cost a lot in the pit in your stomach. There's a lot more anxiety and problems worrying about covering up for yourself than just being straight with people.

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VIRGINIA: Would that be...see, again to help me...would that be that somebody would say how did they look, and you thought they entirely looked terrible, but you said they looked so marvelous. Is that the kind of stuff? When it has to do with...

JANE: I'd say deeper things than that. In that case I'd be quiet...

VIRGINIA: Just give me an example.

JANE: I'd keep quiet. I wouldn't tell them what terrible things... I just wouldn't say anything.

VIRGINIA: There's another way you could say it. You could say it's interesting.

JANE: Yes... No, I'd say probably in deeper things than that, in relationships with people.

VIRGINIA: Could you give me an example, just an example? It may not come to you...

JANE: Oh, I can think of one thing that a person that I had...A person I was spending time with, and having the nerve to go tell her I didn't want to see her anymore. That's not an easy thing to do. You just kind of go on being friends when you don't really want to be friends anymore.

VIRGINIA: Oh, I see!

JANE: "I don't really want to be your friend. We don't think alike..."

VIRGINIA: Now I think I caught what it is, that people would ask you something and you didn't want to do it but you'd do it anyway. That kind of thing.

JANE: Oh, yeah.

VIRGINIA: You know, that is so prevalent in the world I write books about it? Do you know what it's called. Love. Terrible! But what I heard you say is "Now I don't want to clutter up my life with that kind of stuff"...Who was that person? Was that a family member?

JANE: I'd say it's been more friends than family. I guess people make more exceptions for their families.

VIRGINIA: You know, do you pat yourself on the back for making the change?

JANE: Yes.

VIRGINIA: I think that's important. Now how old were you when you did this? Five years ago...you were 34.

JANE: I'd say the change came about 20 years ago, when I really started...

VIRGINIA: So if Kent made it when you made it, he's still got about...

JANE: A long time.

VIRGINIA: Several years to practice. You know about lying, how to lie?

GARY: Yeah.

VIRGINIA: What kind do you do, or have you done?

GARY: My friends and stuff I don't lie. I generally know how to be a straight person, but I might put on something that would cause some trouble or something like that. I'd maybe lie about that...

VIRGINIA: If you think it would cause trouble with someone, that kind?

GARY: Yeah, basically if it would cause a lot of trouble with someone.

VIRGINIA: That's often called being a friend, isn't it?

GARY: Yeah.

VIRGINIA: It isn't much, but that's how it's called.

GARY: Looking the other way or something like that.

VIRGINIA: You know what that all adds up to me? That you don't want to hurt anybody.

GARY: Yeah...As long as I don't hurt no one.

VIRGINIA: And the struggle to be straight in this way means we have to learn how to take care of ourselves and know that other people can do it without giving them extra work...probably. Well now Jane, just look at me now, because I want to hear it really straight from you now. What specific thing would you like Kent to change? You can both listen. If he would do it you'd say "Oh, it's so marvelous to have Kent as a son."

JANE: Well, I think talking...being honest with...

VIRGINIA: I don't know what that means. I want something real specific...about what...

JANE: Okay, in school, right now.

VIRGINIA: What about school.

JANE: Playing hooky at school.

VIRGINIA: And he doesn't go to school and he says he does. That's what you're saying.

JANE: I'd prefer to have him tell me he's not going to go. Then maybe I can deal with the problem.

VIRGINIA: Have you told him that you would like him to tell you when he doesn't want to go to school?

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JANE: Yes.

VIRGINIA: And what happened?

JANE: It didn't work...We tried to find ways to work around it. So far it hasn't... He still doesn't go.

VIRGINIA: See you said something important. I don't know if you heard this. I heard your mother say, "If Kent told me what he was up to and what kind of difficulties he has going to school, then maybe I can help him." Did you ever have difficulties in school? Is that any experience you had?

JANE: Not the same that Kent's having.

VIRGINIA: More peer pressure friends type. Well, I guess Kent has that too. As far as going to school, it was never a question of whether you went or not, you went.

VIRGINIA: See, I have a funny hunch you've got a lot to teach Kent and one of the things you are trying to do is find a way to do it, because I think you know a lot of the things that he feels. But you don't know whether... he...

JANE: I can't get it across to him.

VIRGINIA: ...tells you about it. Yeah. I have that hunch about you.

JANE: I think I had it easier. It was easier for me because I didn't question going to school or not. The other problems are enough. When you're 15 with your friends and stuff without worrying about whether you're going to go to school. I see Kent just struggling with whether he's going to go or not, where his energy should be going more into his problems at school, not just deciding whether he's going to go or not. He's not even tackling his problem.

VIRGINIA: Yeah...well, okay. Could you be a support to Jane in this regard in helping her to teach Kent?

GARY: Sure, I think I am. I think I would like him to go to school too but I think it's important to not... or at least say what he's going to do, that's what is really important.

VIRGINIA: Now sometimes I ask questions that look like they're off the wall, but they have a point, usually, behind it. Sometimes I forget the point but most often not. Why do you want him to go to school?

GARY: I think right now he's in a good time when he can receive a lot of benefits from society which a lot of programs offer and that kind of thing. He's got a chance to go to school. Transportation is provided, and it's just a good time.

VIRGINIA: How did it go with your schooling, Gary? Did you get all the schooling you wanted?

GARY: I got a lot of schooling, but I didn't... my younger years weren't too good. I didn't do all too good in high school.

VIRGINIA: What happened for you?

GARY: I just had a hard time. I was going through heavy adjustment.

VIRGINIA: Okay. See again now, the sense that I have is that a piece of you knows a lot about his feeling, but the situation is different. And I don't know if this is true but I was just sitting here thinking that you might be feeling, "I had to work so hard, and this kid has got it so easy." Is that part of it?

GARY: Well, yeah...yeah...Bad road when I was going to school you might say.

VIRGINIA: Okay. Do you think Kent knows anything at all about your specific struggles to get where you are today?

GARY: He knows about some of them. I don't know if he knows the total picture. I don't think he knows

the overall view, no.

VIRGINIA: How would you feel sharing with him your journey of going from where you were to where you are now?

GARY: I would like that very much.

VIRGINIA: Would you like to hear about that?

KENT: Well it would be interesting to hear about what my parents did and how it was for my parents when they were growing up.

VIRGINIA: I don't think you could even imagine about that. I think on the feeling level you know. Would you move back just a little, Jane, just a little, and would you just come here straight toward your father? Can you move up toward each other? . . . That happened to me in Texas. I recovered (chair falling off the edge)...I tell you what. Here...so you won't be tempted to fall off. Come on, this way. Watch what you're doing. This is really great. Now you can come up close to your dad. A little closer, a little closer... Now how does it feel for you to sit across from your dad? It feels what?

KENT: It feels kind of funny.

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VIRGINIA: Okay. Where are you feeling that in your body?

KENT: All over.

VIRGINIA: Okay. Do you have any idea what's funny, what's funny that you should sit in this relationship to your dad.

KENT: It feels kind of funny to sit in front of your father. It feels kind of...I don't know. It feels kind of funny.

VIRGINIA: Is that something like feeling that it's strange.

KENT: Yeah. Kind of different, not normal.

VIRGINIA: Uh-huh. So it's something new.

KENT: Yeah.

VIRGINIA: Okay. I hope that this will be the beginning of many more times when you can do it. Because I have a hunch that there's so much that people have in this family that they haven't shared, and haven't found a way to share it. How do you feel sitting across from your son?

GARY: I feel fine. I'm proud of him, so...

VIRGINIA: Tell it to him.

GARY: I'm proud of you.

VIRGINIA: Could you tell him anything special that you have that you're aware of that makes you feel "God, isn't that great! I got that son". You know, that's what pride is...Tell that to him.

GARY: I'm happy that you like the outdoors and you like most kinds of things...Your interest in animals.

VIRGINIA: What's happening here?

GARY: I'm kind of nervous a little bit.

VIRGINIA: Is that all right?

GARY: It's better.

VIRGINIA: How did it feel for you when I did this?

GARY: It's releasing I think.

VIRGINIA: Okay. So you and Kent share some of these interests of going off in the wilderness and woods and animals?

GARY: Well, somewhat. We live in the woods, so we're constantly sharing it. So when we go off, you have to go off in a different direction.

VIRGINIA: I see, is this where you feel the bond with Kent, is on that level?

GARY: I would say so. Yes, very much so.

VIRGINIA: And were you aware of that?

KENT: Yeah.

VIRGINIA: Sorry?

KENT: Yes... Kind of... It's kind of... It's kind of become a bond. We kind of like... kind of liking the same things kind of makes it a little easier to get along in a way.

VIRGINIA: When you two guys are out, you know, and Jane isn't around what do you do together?...Well, when you live in the woods and all that...What makes it fun?

KENT: Well I don't know... Kind of work and trying to do interesting things. Trying to do things that you both like to do. They're interesting...they're fun for both of us.

VIRGINIA: And do you have much time to do that?

KENT: Some of the time...A lot of other times we're working.

VIRGINIA: I guess school would get in the way of your having that kind of fun, wouldn't it?

KENT: Yeah, it does because another thing is I ride the bus and I never get home until 4 o'clock. It doesn't give you much time.

VIRGINIA: So you'd like more of that?

KENT: Yeah.

VIRGINIA: Did you know that?

GARY: No, I didn't. I didn't really realize that.

VIRGINIA: What are your work hours or what is your time away?

GARY: Right now I'm unemployed. I work at working a pump and right now I'm unemployed. So I have a lot of time right now.

VIRGINIA: Gee, that's great! Doesn't that come at a great time, and you'll have lots of time together then.

GARY: Yes, we've been building stuff.

VIRGINIA: What about thinking ahead for your job? Is that on your mind now?

GARY: It's all set up. I just have to wait for time to pass.

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VIRGINIA: Oh! So you just got this great vacation.

GARY: More or less, yeah.

VIRGINIA: I hope that you two will really do something. Let me find out. What do you do when these two are off and around, doing things, building and all that Jane?

JANE: I'm usually right there with them.

VIRGINIA: You do the same?

JANE: We usually get together.

GARY: Yeah.

JANE: We're not separated very much really. If not I'm probably in my garden. I spend a lot of time gardening. Gary and I have animals. We have a homestead, so...there is always an animal or gardening or building on a project or something. We're building the goat shed right now. Something like that.

VIRGINIA: It sounds like there are all kinds of exciting things going on around your house.

JANE: Exciting sometimes, boring sometimes too.

GARY: Well yeah, you can get too much of it.

VIRGINIA: I was just thinking if I lived there, would I want to go to school when the goats are around and all that. If it wasn't exciting in school, I don't know if I would or not... I don't know, I'm just looking to see. Because what I sense here is that you all have lots with each other, but somewhere...

JANE: I think we do. I think that as Kent's growing he's gone through a change at this time that we...

VIRGINIA: Give me the specifics of that one Jane, because it sounds a little bit like you said, "Oh, yesterday I knew exactly what Kent would do, and now this morning when he gets up I don't know from borscht what he'll do." Is that somewhat that?

JANE: Yeah.

GARY: Pretty much so.

VIRGINIA: Would you change places and come sit here, and you tell it to Kent and I'll listen what it is you've noticed about this that really troubles you. Then I'll get smart, at least from where your mother's coming.

JANE: Um, I'm trying to think of specifics. I guess the school thing is what's kind of brought it to a head. I've always felt we've had a good communication, and then realizing that Kent wouldn't go to school and then tell me he did...

VIRGINIA: Now in this family I would know one thing, that people would lie rather than hurt each other's feelings.

JANE: Yes, that is something that I have found out from Kent, but I never realized how he felt.

VIRGINIA: Are you with what I'm saying? Because one of the ways is "Let's never hurt anybody's feelings."

JANE: Right, yes.

VIRGINIA: And Kent's following along.

JANE: Yes, that's something I just had realized very recently.

GARY: We never realized that.

JANE: I assumed I wasn't going to hurt him, but I didn't realize he was coming from... It's like he's a little bratty kid you know, you don't even think that they... Well, he's becoming an adult is what it is and I'm still thinking of him as a child. And I realize he's getting these feelings too, when I didn't even realize he had them.

VIRGINIA: Tell me something... What does this feel like for me to have my hand here?

JANE: I think it's more comfortable.

VIRGINIA: Okay. Jane, tell me something, what did you miss out on because you didn't do what you should have done or whatever in school? See, right now I'm getting this feeling that you're terribly scared that this one is going to miss out on something. Is that true? Am I...

JANE: I think it's... to take care of himself in life.

VIRGINIA: Is that true that you're afraid he's going to miss out?

JANE: Yes, I think he is.

VIRGINIA: I get that awful feeling that if you don't really work hard he's going to miss out and he'll lose his opportunity.

GARY: I thought I missed out, so I thought he might miss out.

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VIRGINIA: What did you miss out on Gary?

GARY: Well, a lot of opportunities in the school. I wasn't in a condition to receive a lot, so I missed a lot, I feel that it probably would have been better. I see him in the same position, I'm afraid he's going to do the same mistake. If he doesn't go, I'm afraid he's going to miss out.

VIRGINIA: So if I were to sit... you sit over here now. You won't move yet, but later you'll get the chance. Besides, it helps with the circulation. It's all right... After awhile we wind up in these things (cords). I'm going to be now, the family voice... Kent, I'm your father speaking. OK. Got it? I missed out on the most important things in my life, and I will turn heaven and earth so you don't miss out... Did you know that?

KENT: Kind of, yeah.

VIRGINIA: Tell me how you feel about that

KENT: Well, it kind of feels good that he wants you to succeed. He wants you to try hard. He really does kind of care. It makes you feel that way.

VIRGINIA: Will you tell him that directly?... Over here. I get to sit in all the chairs... Could you take your dad's hands like I was taking yours?

KENT: It kind of makes you feel good and...

VIRGINIA: Does it make you feel good?

KENT: Yeah. It makes me feel good and it makes you feel kind of happy that my father really does care about you.

VIRGINIA: It makes me feel happy that you care about me, because that's your father.

KENT: Yeah, it makes me happy that you feel... it makes me feel real good.

GARY: It makes me feel good, too.

VIRGINIA: All right. Now, how is this for you to do this right now?

GARY: It feels fine.

VIRGINIA: How about for you?

KENT: It feels fine.

VIRGINIA: Good, and in case you want to get into that, you can, but right now...

JANE: I'll wait.

VIRGINIA: Okay... Could you tell your dad what you really want for yourself right now?

KENT: Well, I just kind of want to be able to... kind of make my own decisions and kind of be a little bit... I want to be able to succeed in things but I want to be able to make my own decisions and talk around ideas, but I want to make, to keep, my parents happy too.

VIRGINIA: Okay. Now would you look directly over here... See, it's him you're talking to now. "I really want to make you happy. I want a chance to make my own decisions"... and what else did you say?

KENT: That's really all...

VIRGINIA: Okay. Say that directly to him.

KENT: I want to be able to... I want a chance to make my own decisions but I still want to make you happy. I don't want to make you unhappy by the decisions I make.

VIRGINIA: Could you respond to that?

GARY: I'm glad to hear that you.... that's what I feel, you have a good program. If you feel that way inside I won't worry about you much, but if you don't go to school I do worry about you, and I'm afraid you might get off with the wrong group of people.

VIRGINIA: Just talk to him and I'll listen.

GARY: You might have problems... I've seen it happen to people before.

VIRGINIA: Did it happen to you? Tell him about it.

GARY: Yes, it's happened to me.

VIRGINIA: Tell him about it.

GARY: Associations with the wrong type of people, and you can get off on the wrong road and you're losing your time, wasting your time. Here you have a good opportunity to do a lot of things in life. Whatever you want to do is fine. It doesn't matter, just as long as you, you know... I hope you find the right road and don't get on the wrong road.

VIRGINIA: Look, what happened in here when your dad was talking to you just now?

KENT: That makes me feel real good, it made me feel kind of warm.

VIRGINIA: Okay.

KENT: It made me feel real good.

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VIRGINIA: Are you feeling in any danger with people that you're aware of, other young men or women right now?

KENT: No, not really.

VIRGINIA: Would you let your dad know that?

GARY: Right. That's why I'm trying to communicate with him for you know.

VIRGINIA: What do you... (start moving hands apart) No, stay right here, it's great. It's good for the hands, it's like hand lotion. What do you do with your time when you're not in school Kent?

KENT: Well, I read a lot. I like reading a lot. And I try to find someone to do something entertaining with, something entertaining to do. A lot of times when there's nothing to do it gives you kind of an opportunity to do something bad or make a mistake or maybe do something wrong.

VIRGINIA: So you know about that possibility yourself.

KENT: Yeah.

VIRGINIA: Okay. How many days, as a rule, do you stay out of school?

KENT: ... Uh...

JANE: How many days do you go?

GARY: How many days do you go? That would be easier.

VIRGINIA: Well, I put it the other way around for a reason.

KENT: Maybe, most of the time.

VIRGINIA: So you're really not much in school at all these days?

KENT: Well, I'm there most of the time but...

VIRGINIA: So you are there most of the time now?

KENT: Most of the time, yeah.

JANE: Not lately.

VIRGINIA: Hum?

KENT: Not real recently... normally I'm there basically most of the time.

VIRGINIA: Well, okay. You were there yesterday?

KENT: No.

KENT: I don't feel like, you know, I'm in any danger at all. I feel pretty secure.

VIRGINIA: Now sometimes Kent... I believe that, that you believe that, but sometimes there are other things that people see. Is there anything you see Gary, or you see Jane, that says to you, "I feel that maybe Kent isn't seeing the whole picture?" Is there anything real about that that you've noticed?

GARY: Other than the fact that he just doesn't go to school. Other than that...that he doesn't go to school is the only thing I can think of right now.

VIRGINIA: So what I get right now is that not going to school really turned on all kinds of negative buttons for you.

GARY: Yeah. It gets me worried because I don't know where he's at, where he is.

VIRGINIA: And it seems like it goes back, it reaches back into your past...That's what I get.

GARY: Yeah... It's a terrible problem here. Something going on that's not right, that could be the trouble. If I act now I might be able to prevent something. That's the way I feel.

VIRGINIA: Now could you... never mind how wild it sounds, okay Gary? What kind of problems could he get in to? What do you see as the thing that if he doesn't go to school he's going to get in to, wild as it may sound, and crazy, it doesn't matter, but tell me what it is? What are those inside fantasies about what's going to happen to this one if he doesn't go to school?

GARY: Getting in with people with bad habits.

VIRGINIA: Now who, which, what, crooks, delinquents, car-stealers, drug-takers? Put some substance to it.

GARY: People related to the drug business perhaps with money and influence and stuff people that have enough money to get around most things and stuff, give the wrong impressions and that type of thing. Things that...basically that type of problem.

VIRGINIA: See, that's sharing the deep inside, that you're scared to death he's going to get involved with...

GARY: Right.

VIRGINIA: Okay. I don't know whether he will or won't, but right now, that's where you are.

VIRGINIA: Okay. What did you do yesterday? Let me tell you what I'm trying to get at, and then maybe...Another situation might be different, but I see you trying to find something. You may not know what it's about, but I see you...Well, I'll tell you a picture I had. Do you know what a toadstool looks like?

KENT: Yeah.

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VIRGINIA: I say a great, big toadstool and you were sitting under it and you wanted to have excitement and interest and so on. And you didn't notice that around the edges were funny things and so on. Does that say anything to you?

KENT: Maybe that I'm not looking out far enough. I'm not kind of expanding enough, looking out far enough into the future to see what's going to happen.

VIRGINIA: Something like that.

KENT: Looking...Maybe I should go out and look for more ideas and more things to do.

VIRGINIA: Now let's go back for a minute, and then we'll go on to something else. What one thing could happen in your school to make you, when you get up in the morning, say, "Oh, boy, I've got a real exciting thing to go to."? What could that one thing be at this moment, just one.

KENT: Well, maybe expecting to do something like going on a field trip or seeing...doing something interesting that I'd like to learn.

VIRGINIA: Okay. And when those things are going on, do you get yourself to school?

KENT: Yeah.

VIRGINIA: I thought you did, yeah, when it's going to be interesting. Now, we've got a real dilemma, and I think you can use some of your smarts to solve it. Do you know about getting a plumber's license.

KENT: Yeah, a little bit.

VIRGINIA: A lot of us here got our plumber's licenses and then we forgot about the plumbing afterward on purpose. They might not like that for me to say that, but that's one of the things that happens. Do you want your plumber's license, that means your diploma?

KENT: Yeh.

VIRGINIA: Okay. What could you do to make your life more interesting for you in school?

KENT: Um, I don't know. Maybe go more. Maybe find classes that are more interesting for me, too, something that has my interests.

VIRGINIA: Okay. See, I think all that will work. What I don't understand at this moment is what makes you feel badly, or feel that your mother and father wouldn't understand that. I think they will understand everything about that. They come up out of things like that, that's my sense. But what makes you think they wouldn't understand?

KENT: I don't know, its bothersome kind of that they had something different growing up at a different time, different circumstances and things.

VIRGINIA: Let's have a make-believe conversation, okay. I'll be the producer/writer, okay? Alright. This is now...what's today, Wednesday, thursday?

KENT: Thursday.

VIRGINIA: Thursday. All right, it's Thursday now, and we'll have to do this here. And you're in your bedroom. Do you have a room of your own?

KENT: Yeah.

VIRGINIA: Okay. So here you are sitting. "Today I don't want to go to school". So now we'll have the dialogue. You come out and you sit in your chair and you say, "Dad I want to talk to you, and mother, I would like to talk with you, too. Would you sit in front of me so I can share something with you two?" See how that feels coming out of your throat.

KENT: Mom, I wanted to talk with you and I wanted to talk with you, father, and I wonder if you would both sit in front of me and listen to what I have to say.

GARY: Okay.

VIRGINIA: Today, right now, I don't want to go to school.

KENT: I don't want to go to school today.

VIRGINIA: And I'd like your help so I could have a worthwhile day.

VIRGINIA: Now, will you answer him.

JANE: Don't we get a script?

VIRGINIA: I'll give you some a script some other time.

JANE: Why don't you go to school?

VIRGINIA: Wait! Wait! That's the wrong question. He asked you, how could you help him have a worthwhile day. What you came back with is, "Listen, I don't know anything about that. Just go off to school."...Think about it for a minute. Let's take this as the most serious thing in the world, a worthwhile day for Kent.

JANE: Okay... I might suggest trying to do some studying on your own. Maybe going to the library or thinking of some projects or something that you might want to look into. I think you should make it a learning day anyway.

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VIRGINIA: Well, let's see what you've got. Let's have a conversation about that. You two now... He's come at you with this... you can talk to him, and listen.

GARY: Yeah, I'm going to do a building project in his room. He's working on his room. He can work on that project.

VIRGINIA: Say "you" to him, "You".

GARY: You could work on that project in your room instead of going to school. You might get some benefit or reward from that, a feeling of accomplishment.

VIRGINIA: How do you feel about what you got?

KENT: Well, kind of better...I don't know. I just kind of feel better.

VIRGINIA: Okay. Now let's go back to you now. And now could you share with your mother and father some thoughts you have about making a worthwhile day for you, Kent. What you've been thinking about, because lots goes on in that head of yours. I know it. I can see it. It sparkles all over your eyes.

KENT: Well, just maybe... just doing more interesting things. Like if I could find more interesting things in school... more future goals that I would want to work towards. Like my graphics class, I like the class, and maybe kind of having a goal in the class to reach... meeting more goals. It's something I really want to reach, I want to try to get to.

VIRGINIA: How do you feel hearing this come out of Kent right now Jane?

JANE: Well it's hard for me because I think he really wants to be at school. I don't really think it's the classes, as much right now as the peer pressure for Kent.

VIRGINIA: Wait a minute, wait a minute now.

JANE: It's getting off on a different...

VIRGINIA: Let's see if right now, because we're into some tender places, okay? When you heard Kent talk just now, I saw this "Oh he's got to go to school, he's got to go to school, he's got to go to school." I got that over there. So I hear that. Let's keep that motor running. But let's get back here now to hearing him. What was that like for you to hear him say he wants to look ahead to his goals, he wants to do some

things and so on.

JANE: I think it's great.

GARY: It's the right attitude. Perfect. I basically feel very good.

VIRGINIA: Now the problem for all three of you, and maybe to some degree for me... the challenge is how to make school a piece of this goal for you so you don't get one thing and then get into difficulties for another. How could that be and how could you do all the other things?

KENT: Well, maybe just not...like I say, try to find something more interesting there for me, more what I want to do... I not only want... my parents naturally want me to go to school, but I want to go to school. That makes it interesting for me, something... kind of yet something more interesting for me.

VIRGINIA: Can you be aware of how scared your mother is that you're not going to school?

KENT: Yeah...I can, definitely.

VIRGINIA: I wonder if you could turn your chair toward her and tell her about what you know about that feeling. Because I think she'd do anything to turn you around to get you to school. For her, school means so much.

KENT: Well, I think I know that you really want me to go to school.

VIRGINIA: Could you take her hands, would that work?

KENT: I know that you really do want me to succeed and I know you don't want to see me go the wrong way, see something bad happen to me. I know you want me to succeed and do and really be something.

JANE: Do you also know that I want that because I want it for you? I just don't see you as being very happy if you can't take care of yourself.

VIRGINIA: Now wait a minute. You made a great big jump... I know many people that are millionaires out there and they said (hand movement)...to school when they were fifteen. So I don't think that's the case. But look, can you tell him, really, what is inside of you as you think about this school and then you think about the horrors that happen if he doesn't go?

JANE: Well, I guess like Gary I worry about you getting in trouble if you're not in school and you don't find something else to do with your time. I think you'd get bored and get yourself in trouble. Or you're not developing your mind... I don't know. See, if I look at myself and it seems I could have gotten...I mean I liked school to a certain point but I could have gotten so much more out of it. When you put the time in anyway, you're supposed to be there legally. You've got to be there.

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VIRGINIA: Jane, what are you doing to improve you mind, now?

JANE: I just quit school.

VIRGINIA: Now?

JANE: I read a lot. I go to the library and spend a lot of time reading. I'm interested in herb gardening right now, and I'm doing a lot of research on that. So I spend a lot of time with my nose in a book, I guess.

VIRGINIA: Okay. (to Gary) What are you doing for your development now?

GARY: Oh, building, working on my place, trying to be able to grow a crop. I'm trying to get some to get some Piolas they call it. That's the newest thing we've been looking at.

VIRGINIA: What is it?

GARY: Piolas, it's a new type of fruit, like guavas.

VIRGINIA: You grow fruit?

GARY: Well, we have a little fruit garden ourselves, but we'd like to get an income from this type of thing. We have a small piece of land and we'd like to develop it. I look to that. It's a long ways away, but it's where I'd like to be myself.

VIRGINIA: Would you turn towards your wife. Now you can get out again... Is that all right with you? You're taller than anyone in the family, aren't you?

KENT: No, I'm almost as tall as my father.

VIRGINIA: Let me tell you something. When I sit down... No, you have to go like that. Otherwise you're crosswise...You see, when I'm sitting here, I know there are all kinds of things. But the thing that keeps striking me more and more is... people in the family are feeling that they miss so much. I get that feeling "I missed so much". Like a regret. And I hear this lovely one over here getting the benefit of that in one funny way. I want you to talk to each other about what's going on with your dreams for each other. I'd like

you to tell Jane what you dream about, what you want for yourself. When you talked about that new fruit, your voice changed. Talk to her. (then turning to Kent) You'll listen, okay?

GARY: Well, as this new fruit grows we'll be in a much better position. I'm looking forward to us developing together, growing together into this thing and having something. That's what I'm hoping for, looking for. That's my dream.

JANE: It's my dream, too.

VIRGINIA: All right. What does that fruit look like?

GARY: Like a kiwi, sort of.

VIRGINIA: A kiwi, okay, is it pretty? I've never seen it.

GARY: Kind of like an avocado, yeah. It's about the size of a kiwi.

VIRGINIA: What turns you on about this fruit?

GARY: It's just that it's something not grown here. It has a possibility of becoming a crop that you can make some money at. There's a lot of things you can grow but you can't make any money at it unless you've got a lot of acreage or that type of thing. It's a difficult field to be in.

VIRGINIA: So it's a possibility for you.

GARY: Oh yeah.

VIRGINIA: You can see the shine come in your eyes when you talk about that. Do you see the shine?

JANE: We both have the same glow in our eyes. We want to be able to do something on our own. We'd both like to work for ourselves.

GARY: We've both worked for that dream for a long time, really, if you analyze it, twelve, eighteen years.

JANE: 19 years really.

VIRGINIA: So I see this building. And what do you do with each other?

JANE: We work together... Not quite as well lately. I think we both want to be boss.

VIRGINIA: You both want to be boss?

JANE: Sometimes.

GARY: Kind of. But there's room for both in that... not one or the other.

VIRGINIA: I told you... I prepared you for the fact that I come off the wall once in awhile, okay?

GARY: Okay.

VIRGINIA: Come on and stand up for a minute. Just a minute. This is another piece. Because I have a hunch...Oh yeah, we do funny things here. I'm going to put you in...This is good for television, I think... Now you stand over here now. We're going to play, "Who has got the right to tell whom what to do?" You wouldn't do that outwardly like that...And you do, too.

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"Who's got the right to tell whom what to do?" Okay...You can get that in all kinds of ways. Stick it out. Would you hold your father's arm up there?... And I'll hold your mother's arm. Okay. So when this happens...this is called disagreement, argument, who's got the right to tell whom what to do, taking charge. Tell me what happens when this happens? Are you holding him up good? You might need two because he's got big arms... what happens?

JANE: I get angry, I think. I get angry, I don't want to be told what to do.

VIRGINIA: All right, okay. Now we'll just exaggerate a little bit. I am not going to be told what to do. I'm not going to be told what to do. I'll hold it... in your biggest voice.

JANE: I'm not going to be told what to do.

VIRGINIA: Now make your face match your voice. I am not going to be told what to do! So!

JANE: I'm not going to be told what to do.

GARY: I'm bigger.

VIRGINIA: Okay...All right... Did you ever hear something that sounds like that from Jane?

GARY: Mm... not really, no. Not too much.

VIRGINIA: Well, if it's too much or not... I just want to know if you know that there's a piece of that in Jane.

GARY: Yeah...I would say so, yes, I would say so.

VIRGINIA: Fine. You are the agricultural man and you must know about compost.

GARY: Yeah.

VIRGINIA: Good. All right. Now what I do is I take everything I find and compost it and we all need the

ability to say "no", you know, somewhere or another.

GARY: Yes, that's true.

VIRGINIA: Good. How's it going?

JANE: It's going fine.

VIRGINIA: All right. Now I have a hunch you would say the same thing. "Nobody's going to tell me what to do either."

GARY: Right.

VIRGINIA: So let's just, right now, would you say your sentence? "Nobody's going to tell me what to do." And you say, "Nobody's going to tell me what to do."

JANE: Nobody's going to tell me what to do.

GARY: Nobody's going to tell me what to do.

VIRGINIA: Okay, now go on that until you feel you want to change it. Keep back and forth with that.

JANE: Nobody's going to tell me what to do.

GARY: You're not going to tell me what to do.

JANE: You're not going to tell me...

VIRGINIA: All right hold this and keep this now. Where do you want to go with these two?

KENT: Um... Get them agreeing maybe.

VIRGINIA: All right. Would you get over there, ...your chair. I think you can stand on it. Let me see if that would fall over. I don't think so... Can you get up on that thing? Because you're too far away. All right, now, up here that still fits where you are. Here are these two now. Now you say, "Okay, I want you to agree on something." Now be nice and agree.

KENT: Okay, I want you to agree on something, maybe an idea.

GARY: I want to be boss...

VIRGINIA: Go ahead... all right. Now would you get down on your knees. Are your knees all right? **JANE:** Yes.

VIRGINIA: You won, for now anyway. We might as well finish this one. Put your hand on your heart here, like so. Now then, did you make that happen?

KENT: Um... not really.

VIRGINIA: Not really. Don't say anymore yet. How do you feel Gary, about this?

GARY: Good.

VIRGINIA: You feel good. So stand up here and feel good and say, "You know, I really like winning over here." That's right. OK. How do you feel about where you are?

JANE: I don't like it down here.

VIRGINIA: What do you want to do down here?

JANE: Oh...get back up again.

VIRGINIA: Okay. Now look over toward Kent and see if in any way he could be helpful to you.

JANE: No, I would see it between me and Gary.

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VIRGINIA: Is there any advice you would want to get from Kent or any way you would like him to help you or anything you feel you could get from him.

JANE: Look for support...

VIRGINIA: Would you come down here on your knees and support her? Let's see how it works. Just like that. Go down just like that...Well, I know, but go down on the floor. Yeah. Support her really... Put your arms around her and really support her. That's right, that's okay. Now you've got two of them to deal with... Now what?

GARY: Work it out so we can all share in the ideas maybe...

VIRGINIA: Okay. Now, one of the things that happened is that you said you'd like support from him, and I asked him to do your picture. How did feel for you to go to your mother's support?

KENT: It felt kind of good... I could help. I wanted to help out my mother, help her.

VIRGINIA: Okay. Now you're down here helping your mother, and what does this get here with your father?

KENT: Like I want to...Well, I want to help my father, too.

VIRGINIA: All right. You be there with your arm around her... Now quickly go over here and stand beside

him, and put the finger up...That's right, that's right. The thing to do that is just to put a hand around your dad's shoulder. That's right. Now stand for a few minutes, now go comfort her. That's what you could do... Now your father needs it...That's right. Now as long as this is going on and you don't lose him with what you're doing, how do you feel?

JANE: Lose him, lose Kent you mean?

VIRGINIA: Well, he goes from one side to the other.

JANE: Well, I feel bad for Kent and I don't want him in the middle of a problem between Gary and I.

VIRGINIA: There are many ways that we can be with two people that are very important to us. Many ways... If you weren't doing that with each one of them, trying to say "But look, I think you're both great kids", what would you be doing?

KENT: Um, I'd try to sort of ...I think they both have good ideas. Maybe they both need to be used. We just need to share them together.

VIRGINIA: Okay. Would you step up there for a moment? Now one of the ways you could deal with this is to turn your back. Then you don't have to do anything. Okay...Which one of your parents do you feel feels differently about your going to school than the other? Do you think your dad feels more differently than your mother?

KENT: Uh...Yeah.

VIRGINIA: Okay.

KENT: I'd say they both really care but I find my father kind of looking at it from... Maybe he wants... Maybe for a long time maybe he's lost some chances to succeed, and he doesn't want me to lose those chances.

VIRGINIA: Come on over here and be with your father right now. Is that true, what Kent is saying? Is it true what Kent is saying that these two perhaps have something a little different than you and him.

JANE: Mmm... I think so.

VIRGINIA: And how do you feel about that?

JANE: I think it's neat. I want them to have a good relationship.

VIRGINIA: When those two have got things with each other, what do you have?

JANE: My nose in a book.

VIRGINIA: Your nose in a book, okay.

JANE: Or time alone. I like to have time alone.

VIRGINIA: Did you know that it's perfectly okay for your mother when you and your dad are doing things that she likes that very much and she goes off and does her thing? You know that?...You know that for sure?

KENT: Not really. I know she likes to...

VIRGINIA: Will you tell him about that?

JANE: I like it when you and daddy go off. You go fishing sometimes. I love it.

VIRGINIA: And you're out of my hair. Isn't that the rest of it? So it's great when you go away. How do you feel about that?

KENT: Okay. I...

VIRGINIA: Wait. Look right in front. Cultivate the habit whenever you're talking to people to be right in front of them.

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KENT: Well, I know how you feel...You like to have a break, too, a break to be able to escape from some of the work, some of the chores. It'd be kind of nice. It would be nice to be able not to have to do the dishes and things like that.

VIRGINIA: I want you to remember that, because I think if I lived in this family, I wouldn't be quite sure. I wouldn't be quite sure... Do you know, I had a picture. What are you thinking right now, because your mouth put out a little thing?

JANE: I was thinking I think Kent... he likes to go out, he likes to go off. I think you and daddy ought to do more things together.

VIRGINIA: Kent, you think, knows something about wanting to go off, like you want to go off.

JANE: Yeah, I think he likes to go off and do things.

VIRGINIA: Okay, and his daddy and he liked to go off and do things together.

JANE: I think they need to do more things together. I think we do things maybe too much the three of us together, and not enough Gary and Kent.

GARY: That's possible.

VIRGINIA: It's so beautiful what happens. That's what I was thinking... Now, I'm going to try something. You and your daddy embrace, okay? Full body embrace, full body embrace. Nothing will rub off. Now just stay there. You can think about all the things you can do outside and all the things you want to build and all the rest of that. Just say over there. Now let's you and I talk out loud about your feelings about that. You talk to me and you'll (Gary and Kent) listen. Enjoy what you're doing though.

JANE: It's great to see them together, to be able to do more things together. I think Gary has a lot of values right now that are important for him to get across to Kent. I think he talks to me about them, but I don't think he talks to Kent at all.

VIRGINIA: Marvelous. Now, can you keep your mouth shut so that Gary will be doing his talking?

JANE: That's what I've been working on.

VIRGINIA: All you have to do is keep your mouth shut.

JANE: I think I tend to smooth things out rather than letting them work things out sometimes.

VIRGINIA: Now, I'll give you some words in case you don't have any, okay? When you see that coming you say to Gary, "You're perfectly capable of dealing with your own son, thank you." Just like that. "And Kent, you're perfectly capable of dealing with your father."

JANE: Very good.

VIRGINIA: See if they can come out of you.

JANE: Gary, you're perfectly capable of dealing with your son. And Kent, you are perfectly capable of dealing with your father.

VIRGINIA: Okay... so they can go off and have a ball.

JANE: I can stay home if I want to, too.

VIRGINIA: Yes, that's one of the things. Yes, I can begin to feel now some separation coming. It must be hard to all be one mass.

JANE: Yeah, I think we all are together, maybe too much.

VIRGINIA: I couldn't tell where one ended and the other began. Now, I'm going to turn my back on you. If you don't mind you can meditate for a moment or two, or make believe you're reading, okay? Now what was that like for you, what your wife said to you? "You're capable of dealing with him."

GARY: It felt good. It felt really good, to put responsibility into place, you know...

VIRGINIA: Right here.

GARY: That's right, yeah.

VIRGINIA: And how does it feel for you to know...

KENT: I think the same way, that I can do something about it too.

VIRGINIA: You can! That's right. I never saw such competent people. Just didn't know it... Now, how do you feel about what they said?

JANE: I think that's good, I'm really happy, very happy.

VIRGINIA: Do you ever long for a daughter?

JANE: Umm... I think a little bit, yes. Maybe a little bit. We originally planned to have two.

VIRGINIA: What happened?

JANE: Oh, we waited a few years and then we both decided we didn't want two.

GARY: The first one came and... you know...

VIRGINIA: Well, we can be off the wall here. It's probably the best place to be.

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GARY: It's a big responsibility.

JANE: Yeah, it's the responsibility. I think financially we didn't want...

GARY: One is fine, but not too many more.

JANE: We take parenting very seriously.

VIRGINIA: I see that.

JANE: I think that's what happened. I think financially and because of the way the world is, we just decided at the time... even when Kent was little, it's like I felt we had to do certain things. But I didn't want to give that time for him. If I wouldn't do a good job, I didn't want to do it at all.

VIRGINIA: I knew that. What do you do for female company?

JANE: Not a lot, really, maybe with Gary's mom and his two sisters...

VIRGINIA: His mother and two sisters? Are they at the house a lot?

JANE: Not a lot, no. They're busy and stuff, and we get together, oh...

VIRGINIA: See, what's going to happen, when these two guys do more things, which I know they're going to do and need to do, then they might get scared that you're going to get lonely...What are you going to do about that?

JANE: Try to reassure them that I wouldn't be lonely. I look forward to having the time alone. I think that's something I've been realizing, I need more time myself. Gary and I are so close it's hard for me to get my identity sometimes. I need the time alone.

VIRGINIA: Okay. I just want you to be prepared for the fact... First I want to show you now a picture I have, and you've all said it, okay. First of all, just step back one second, hon... Now you just embrace yourselves. Wrap yourselves around each other. Like that, Okay. Well, leave a little space, but not much... not much... just over here. Now... it's all right, you can face him...face him...face him... You're not facing him... Face him. You know what facing is. Now, I want you to crawl under there and get up between them... I know it's going to be hard but do it...Crawl under... You've got to do it like this... Start like that and go up between them... I told you I was off the wall... Now go up between them. That's right, go away up between them... Now hand on all three of you... Okay. This is what I think is going on. This is what I think is going on. Now I hear Kent saying, "I just need some space." I hear you saying that. Now, I don't want you to take this quickly. I want you just...all three of you to breathe...And as your bodies expand with the breath, just move enough to accommodate the bodies in that breath...okay? Now let yourself breathe again, and let your body expand and move again to accommodate your bodies. All right. Now let yourself be aware of any tightness in your body anywhere, any tightness at all, and just let your body just slowly relax...okay. Now you go ahead and relax some more, you do too, so you're all three perfectly relaxed. And your body feels light and it feels balanced... This looks awfully tight here, but maybe you didn't notice it...okay. Now gently, just let your whole hands and arms and so on, just come to you. You don't change your foot position, but just there...okay. Now let yourself move backward just one step, a small step, okay. Now you haven't lost each other...Okay. What was that like for you so far, what I was just doing here, Jane?

JANE: I can breathe better.

VIRGINIA: You can breathe better. Yes, that was one of the feelings I had. And what is it like for you right now Gary?

GARY: More space and more room to move.

VIRGINIA: Yeah. And for you, Kent?

KENT: More space and more room to breathe.

VIRGINIA: Now what I'd like you to do, just keeping your feet in your own place, just lean out to the side out here. That could be your school fellow or your corporation. You're keeping your balance, and you're reaching out to something...your farm or your office or whatever. And you're reaching out. Now, you see, if you make that into a dance...This is for you right now, and it comes to you. This is for you right now, although I think you need to, you will expand this. You won't have to leave each other but you have things coming. Psychologically, you don't have to leave each other. Now when Kent goes to school, he goes where his arm is going out to deal with whatever challenges he has. And you have to deal with your challenges. But you really, psychologically, don't have to give each other up. And then it's right now because these are two males and they have things with each other that you don't share, but then some things for you. So you can be over there. What do you feel right now?

JANE: Relief.

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VIRGINIA: I feel it, too. I feel you've all been stuck together.

JANE: I think too much.

VIRGINIA: OK...You know, I'd like to stop now. We're going to see each other again, you know that. And you know we're going to see each other again.

GARY: Yes, I do.

VIRGINIA: And you know we're going to see each other again. And I would like to stop at this moment and find out what happened out here while we were working up here. Is that all right with you?

JANE: Oh yeah.

VIRGINIA: Is that all right with you?

GARY: Sure, fine.

VIRGINIA: Is that all right with you? All right. So let's do that at this point. So why don't you sit as comfortable as you are, any place you want to, and let's see what that was like for you. What you got with your left brain, what you got with your right brain, what you got with your gut, whatever...yes?

MARIAN: I started by thinking you were a genius and then I ended by thinking I could be a genius.

VIRGINIA: Come up here... What you said, what you just said, is so absolutely important! Just so important! I would like you to say it to the whole group.

MARIAN: I started by feeling that Virginia was a genius, and I ended by feeling that I could be a genius too.

VIRGINIA: If that doesn't happen, it's not worth it. I feel very, very appreciated, and I feel your appreciation of yourself, and I like that. And you are?

MARION: Marion.

VIRGINIA: Marion, thank you.

MARION: Thank you.

VIRGINIA: I think it would be all right, for you to have any questions, any comments you want to have. Whatever bubbles up for you, any way that it can... yes?

DICK: I found myself really being touched...when the two men touched...

VIRGINIA: You know...you're Dick. I want to tell you something. In my long career, a few years, one of the peak moments, many of the peak moments in my career has been when men connected with men, and boys with their fathers. And many times... it didn't need to be that way, but boys and men feel mothers stand between them. If they don't stand between them, they feel that they should leave the poor thing out. Most of the time she'd be glad to get rid of them for awhile. It isn't always that way, but could you go further Dick with that feeling about men touching, men connecting?

DICK: Well, I think about my own family, and I think some of the same things that were happening here were happening in my family. My mother in between myself and my dad. So that caught me real close.

VIRGINIA: Thank you. Is there anybody else here who has some of the same connections that Dick did about the feeling of men and men and their fathers getting together...Yes. And I hope all of you pay special attention to that in your work.

STEWART: I'm a woman and I feel that my mother got between my father and myself.

VIRGINIA: You mother...Come on up... Hi.

STEWART: Hi.

VIRGINIA: And you are?

STEWART: Stewart.

VIRGINIA: Stewart.

STEWART: I feel that my mother came between my father and me.

VIRGINIA: OK. Now I want to show you something. While you're up here... Do you mind staying here?

STEWART: No.

VIRGINIA: Okay. Here you are. I'm going to make you universal father and you universal mother. OK. And I'm going to make you universal child, female child, and you're going to be universal male child. OK. Now, I want to show you something... Would you two take hands on our hands... and kind of look at the audience. It's a hard thing to do, but anyway that signifies a relationship, doesn't it, between a man and a woman, your parents. We all have them. We can't avoid them. Now then, reach out here, and this is your child, and this is your child. That puts every child basically between each parent, between the two parents. Now it depends on what these two are together, whether this one becomes psychologically or physically really a block, okay. Now I'm going to build on what you said, knowing nothing at all, okay? Is that all right?

STEWART: Okay. DVD #2 -Family Interview P a g e | 19

VIRGINIA: Now once you were here. Would you get over here where Jane is? Where Jane is, okay.

Jane, would you come over here now. Because you are between the father and the mother. **STEWART:** As in the child...

VIRGINIA: Yes...yes, yes. That's what you said back there.

STEWART: Oh. All right. Okay.

VIRGINIA: Now how would it work, and putting your statement which happens too, it's another whole business. How it is that you make it possible to come between here, these two... Now this is not Jane now. I'm making up somebody. That's what you said. I was reaching for my father... back here, let's put it like this. If I heard you right. This happens all the time. I'm reaching for my father, and now mother... Let go of her, move over here, and you take your husband's hands and you take her hand. Now that's one way to do it because now she's fiddling with your guy. Are you aware that we're all third parties to a romance? Every boy is the other man to his father and every girl is the other woman to her mother. And if we take it lightly and we understand about it, we make it go. But many of us do not. Now this is a kind way of doing it. All right.

Now we'll try a different way here. Here it is you're out here. Let me get you back here. Just this possibility. You just stay right here, over here. Okay. Now you reach out for your father, like that, and you go...you don't touch him quite yet... now you go turn you back this way, and turn your back to your daddy and put your front to your husband. Okay, and literally stand in the way. Now that comes out like "You don't bother your father. You know how busy he is... Don't make trouble. You know he yells." Or things like that. I don't know. How did your mother do it?

STEWART: She locked us out of the house and wouldn't talk to us.

VIRGINIA: OK...All right. So that will successfully keep you away from your father and everything else.

STEWART: Right.

VIRGINIA: All right. OK. So what we're just starting into which will be the subject of much of tomorrow... we will also be doing something more of it today... is anybody wanting to, because I've never gotten the feeling from any work I've done anywhere, that people start out to do this. But remember, the triad is the most difficult unit to work with.

While I'm up here I'm going to show you another one. Would you be between these two parents now. Just the way you are... Stewart, yes. And you take her hand and you take her other hand and each of you pull that way, and say, "Like me best. Like me best. Pick me." Now you're about to lose. You're about to lose. But what happens in this case... How many of you know about this? Let me see. Of course, and it comes in very subtle ways. And it's not because people are bad. This is the thing we need to understand. And at a certain point in time people's self-esteem gets low, and the parents vie for the kids. And it goes like..."Smile at me dear. Come and smile at mother." I've watched it with six-week old children. What is it? It's nothing more than the parent wanting the child to shine on them. The words, when they are spoken in truth between children and their parents, and the children say to the parents "I value you. I value you. I think you're so special". Those words are the words most parents wait for. Both parents wait for from their children. And then you feel you've done something.

And so, here you are. She's a cuddly, cute one. And besides, privately, she doesn't do all that good with kids, she's impatient. You saw her when she changed the diaper the other day, she pricked her... Never mind that she's got six other kids hanging on her, she pricked her and she cried. And besides, she shouldn't have done it. Or you look at him and you say to yourself, "He's clumsy. He'll probably hurt her. I know what he did to his brother when he was four." The fears and the fantasies... I know that you all know what they are. Okay, we're going to get to more of that.

Now let's look at... I want to show you the healthy part of this, the healthy part. When I say healthy I don't mean the other's unhealthy. Let's have you out here. Okay, and would you two come together because you saw each other before they ever...?

STEWART: I thought I was the mother.

VIRGINIA: No, you're the daughter.

STEWART: Oh. When I started I was the mother.

VIRGINIA: I know, but I switched around...You know how it is. You're a kid and then you grow up and become a mother but you don't leave outside your kid? Well, anyway...All right. So just have an embrace... Now that is the coming together of the people who were family in some way. It had to happen, if even only for 10 seconds. Had to happen that way, Okay. All right. For many of us it continues beyond that. All right, so here you are now. Just to be there...It's all right, isn't it Gary. Just stay there, and relax.

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Now then, the child comes, and I want to show you something. Would you do the same thing I asked Kent to do? Come up closer so she doesn't fall on the floor. You have to get yourself born... No, you have to go

from the back. Otherwise it's a breach birth. Now when you feel her coming and you feel her coming, you just start moving, not away but comfortably, so she is comfortable, and each of you is still in contact. All right. Now let yourself move out a little, and there are times when you and she are together and she knows perfectly well that it's okay for both and there's going to be no problem either way because there's room for you to move.

That looks so simple. And I have never had anyone who had any kind of difficulty, any kind of difficulty, who grew up with parents who knew how to be whole in this way. And that's nothing bad against them because you know how we think that love is hanging on. And so this was the basis of when I came to this that I knew how to help the people, to help that happen. How are you feeling right now?

JANE: Pretty good.

VIRGINIA: Yeah. You got something to show that these two didn't. But that's all right. All right, thank you very much. Thank you. Anyone else at this moment? Come... I want to share something with you also about distance...Okay. I'm going to step down here so I can be better at your eye level. It would be very good for all houses to either have screwing stools, or lots of steps, to keep an eye-level kind of thing going. Anyway...so when you were over there...And you are Janice..what was it that you wanted to bring?

JANICE: When you said to Jane, "Did you ever feel like you wanted to have a daughter", it hit me, because I have two boys. and I get a lot of messages from my family and from some friends that "you should try again. It's wonderful to have a daughter. There's something very special around it." I'm toying with these feelings.

VIRGINIA: Well, I imaging that would be very great. I happen to have two myself. But we don't always have to buy a 20 year package. You don't always have to. But one of the big things there is, there are two males in this house, and of course there's Jane. And Jane knows perfectly well, as she's so beautifully demonstrated, that men need men. They also need women, too. But then she also needs to have something for herself because these people are caring, and they are still...Remember some of their earlier rules that they had, because they didn't want to hurt anybody's feelings. By the way, they're not the only ones, are they? No, let me see how many know that some thing...Yes, of course, we call it love. So that kind of feeling was there, okay. Anyway, so they wouldn't say to each other as men... Now they will I think. Now they will. But I don't think before, they would have thought, "Oh God, what's mother doing? We're leaving her out." You know that one?

JANICE: ummm...I know it.

VIRGINIA: Yeah, we should do something and then we don't do it, then we get guilty, we should! Then we get resentful that we feel guilty that we should. That's what most of this stuff is based on, a house of cards. Anyway, what I wanted to say to you before about contact. You see the distance from here to here and from here to here, if we had a measuring it would be about 18 inches. And that's a space that you and I almost every other person in the world...never mind what the sociology books say...this is the place of the presence boundary, about this far from the middle of the head to here and the head here. You'll notice that when I'm working with people I'm never farther away than this. And now, presence boundary means we feel the feeling that's there. That's how I can begin to get so much in the way of people's awareness, because I'm close and these messages come out, and also at eye level. And so this is a very important thing. And so when people come from here, this is in a human experience, not something we're putting through the computer. So if somebody's way over there, by the time your voice and your face gets to me, it's already blurred. Beyond four feet that's the way that happens, even if you've 20/20 vision, because you can't feel. The feeling distance isn't there, unless we have worked very clearly and carefully to project ourselves. Okay. So how are you feeling being up here?

JANICE: Fine.

VIRGINIA: Thank you.

JANICE: Thank you.

VIRGINIA: It's interesting how...and I always feel good about this, because there used to be a time when all therapists, by definition, were clean, bright, right and perfect. And by definition all "patients" were sick, bad, dirty, stupid, and little. Okay. Well, I never believed that for a minute. So when we're with people, we're identifying with people. And your feelings get in that position, so you never lose being a

person because you are a leader in a process or joining a travel, which I did with you this morning. Yes, come... Look at you! You are Dan?

DAN: I'm Dan.

VIRGINIA: Yes, Dan.

DAN: There was a time up there when I felt my own ex-wife and my daughter. When Kent was standing on the stage and they were doing the pointing at each other, and you asked Kent what he could do to get them to agree, and what crossed my mind is what I've seen my own daughter do. He could screw up. He could not go to school. I'm sure you guys had great agreement on how...you know you really get together on Kent not going to school.

VIRGINIA: Of course.

DAN: I'm sure you guys had great agreement. **VIRGINIA:** Now your little girl will have to do that. **DAN:** Yeah..I guess so.

VIRGINIA: Thank you.