

How to Talk with Your Daughter as She Processes the Events of January 6th

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“Hi Honey...It’s an understatement to say this has been an intense week in our nation. I feel it and I know you do too. Can we find a time to meet up sometime in the next week with a goal to support each other? I’m not wanting this to be a time where we debate, but more just to connect as dad and daughter. What do you say? I’ll flex with your schedule. What day and time works best for you?”

1. January 6th was an unexpected day in our nation’s capital. What was that day like for you as you saw and heard the media posting stories and showing footage of protestors storming the Capitol with violence, destruction, shootings, etc.?
2. There are five primary emotions: *happy, sad, angry, scared, and confused*. What emotions were you feeling then and which of these have you felt since then?
3. What has made you feel *sadness* about all that’s taken place nationally or locally (if there is local impact, that is)?
4. Does anything make you *angry* when you think about all that happened there...or in our city at a local level?
5. Does anything *scare* you about all that went down that day or do you *worry* about anything happening in the future, particularly when it comes to safety, civil unrest, protests, riots, etc.?
6. What about your own future? Is there anything that you *fear* as you look ahead based on these kinds of events and this one in particular?
7. Is there anything you wish would have been done differently by those who were on site in Washington, D.C. as they were trying to protect the Capitol and those inside it?
8. What are your thoughts about protests? How do you think people should go about expressing their opinions and making their voices heard to those in authority....or to anyone else, for that matter?
9. Do you have any other thoughts, opinions or feelings about what’s happening in America?
10. The political climate in our country is hot and volatile right now. Is there any way that I can be a better support to you or encourage you in this season?

“Thank you for sharing your heart and thoughts with me. I want you to know that you can always come to me to process anything at any time. I want to be a safe place where you know you’ll be heard no matter what. The bottom line is this: Seasons come and go, leaders and platforms change, but at the end of the day, we’re family and I want you to rest secure in knowing that I have your back through it all. I love you and am here for you...love, Dad.”