

Talking Points of Henry's Story

What Happens?

- Something interrupts life as you knew it—it could be an accident, a disaster like an earthquake, or a disease.
- This may change where you live, how you live and what makes sense.
- You may be wounded by the change, in body or in your heart and mind.
- People you know or meet may not know how to treat you or what to say.
- You may have to find a new way to live, and to adapt to what has changed.
- This new world may be confusing to you and you may feel many mixed emotions, such as sadness for your loss, or guilt that you survived or cannot help more.
- Even the people around you who are kind may not really understand.
- You may feel alone, isolated and different.
- You may not know how, or you may be afraid to ask for help.
- What can you do?

Make the Move From Victim to Hero

- It is NOT the events of your life that dictate how you live, it is your response to those events that matters.
- On the inside, you are still the person that you were before.
- By telling your story, putting words to your feelings, you can help yourself and others find healing. Your story can be powerful medicine.
- Think of each challenge as an adventure: how can you figure out how to do things in a new way under these new circumstances.
- Pay attention to all the abilities and talents you still have, not only the ones that have changed or are gone, count your blessings as you look forward.
- Stay true to your nature, be the best that you can be, and explore all the new ways to be yourself: try new things, sing new songs, draw new pictures, make new friends as you discover your new world.

Talking Points of Dolly's Story

What Happens?

- You get lots of messages, impressions and feelings—noises, smells, sights and sensations—they may confuse you.
- You may not know what to do with all these feelings.
- You may be frightened if the feelings are new, conflicting or strange.
- People you know may treat you differently, or they may express a confusion of feelings themselves.
- You should find a way to express and sort out what you are feeling.
- You may feel alone, isolated and different.
- You may not know how, or you may be afraid, to ask for help.
- What can you do?

Make the Move From Victim to Hero

- Feelings are temporary, they do not last.
- Try to pay attention to all the ways you can explain or name what you feel. It will help you to understand your feelings and why you may feel this way.
- You can explore your feelings by talking about them with a trusted parent, friend, teacher, doctor, counselor or clergyman.
- By telling your story, putting words to your feelings, you can help yourself and others find healing. Your story/telling your story can be powerful medicine.
- Recognize that there are always within you, many different responses to the world around you and your experience.
- Only you can choose which feelings to act upon and the appropriate action to take.
- Once you understand and experience each feeling—you can then choose which feelings to focus on, and which to disregard.
- The feelings you choose to encourage help others to get to know the real you, just you.