

REACTIONS

A workbook to help young people
who are experiencing trauma and grief.

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A centering corporation Resource

To the young person...

When someone close to you dies suddenly, or when you or someone else gets hurt, like shot or stabbed, you may experience different reactions.

Reactions occur because of what has happened. There are emotional reactions, body reactions and behavioral reactions. Emotional reactions are your feelings. Physical reactions are when your body responds to what has happened, and behavioral reactions are how you act because of what has happened.

These reactions may feel very scary, but they are normal when someone gets hurt or killed. This book will help you understand your reactions and make them not happen as much. Sometimes you may feel out of control, but you can have more control over your reactions if you work on it.

Take your time with this book. Only complete 3 to 5 pages at a time and then stop. If you need more room to write or draw there are extra pages in the back of the book. Also, it is recommended that you read and do the worksheets with someone you feel safe with such as a parent, teacher or counselor.

This book belongs to:

To the adult working with the young person. . .

This book is intended to help children and youth understand and reduce their overwhelming grief and traumatic reactions. It is for children and youth who have witnessed or know someone close to them who has been hurt or killed by violence or who themselves have been a victim of violence. However, this book may be used to help young people work through any type of tragic loss.

It is important that the young person works at their own pace with this book and with a supportive person. It is recommended that only three to five pages are completed at a time, for only about one to two hours a week.

This workbook may be used with individuals, groups or families. It may be used with ages starting at about nine to adult. Because everyone is so different, it may be used with even younger children, but the facilitator needs to make sure the child understands the worksheets.

Sometimes only one page may be used at a time as a "thought" sheet. The "thought" sheet is used to help the young person explore and express their thoughts and feelings more about the chosen issue. The workbook can be followed in order, or topics can be chosen according to what the child is struggling with at the time. For example, if the child is having difficulty feeling safe, they may want to start with those pages first.

Whatever format is used, it is important to encourage the young person to share their work with someone who they trust. Therefore, before beginning this book, the facilitator needs to establish a caring relationship with the young person. In addition, it is important to identify others in the child/youth's life who cares about them and are willing to listen.



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Supports

It is important to know that you have people who care about you. Everyone needs people to help support them when they are reacting to grief and trauma. Some people who care about you might be family, relatives, church members, neighbors, teachers, friends, God, yourself and counselors.

Write the names of the people who care about you on the lines below. If you want, color the figure so that it looks like one of these people.















At the end of this book...

See if you know and feel the statements below. Read the "Things I know" certificate out loud to yourself and to someone you trust.

Things I know

I, _____, know more about my reactions to my trauma and grief. I am a very brave person for working in this book and for talking about my reactions. I know that even though this happened, I am okay. I know that I have people who care about me. I know that the world can be violent sometimes, but I can feel safe. My reactions do not happen as much and I feel better.

Another thing I know after working in this book is. . .

Signature _____

Date _____