

Broken Heart

Dealing With Feelings of Loss and Understanding Grief

Boyfriend - Girlfriend - Divorce - Partner - Friendship



Keeping Our Minds, Bodies, Hearts and Spirits

Out of Hot Water!

Creative Ideas to Help Persons With FASD Succeed



Hi

I am glad you have joined us. In these workbooks we will help you understand and learn about keeping yourself safe and

understanding feelings and things that may be happening to you. Remember you are a wonderful and special person. You are a winner. You are a strong survivor and you can do what it takes to get through whatever hard thing you are facing.



1. We will help you understand what you are going through and explain the feelings. We will use stories about other people with FASD and how they have handled issues like losing a special person, keeping safe, friendships, and many other things we deal with as we become adults.



2. We will act out pretend events so we can practice ways to deal with hard things. We will ask questions so that we can stay healthy, happy and safe. As you get older you will be given more and more independence. This is exciting. It can also get you into trouble. We will help you learn to think.



3. We will practice and talk about these ideas so you know how to deal with things better to keep yourselves healthy, happy and safe. We will teach you to develop healthy habits to try to prevent bad things from happening



4. We will work together to create a section in your “Adult Care Notebook.” These worksheets will help you think better if you have the same thing happen again. The worksheets will be your own personal story and ideas of how you can take care of yourself.



We have a confession to make: People with FASD get hurt too. And we don't like it. But we can learn how to deal with it in a healthy way. We'll share some of the things we learned with you. There is life after being hurt and it can be good!

What is a broken heart?



A broken heart is the feelings we get when someone we love hurts our feelings really bad. The feelings we have are called grief. You may feel grief about the loss of a boyfriend or girlfriend, a pet or a family member. You may also feel grief when you find out that you have brain injury or brain damage, are moving to another place or have a hard time learning. People feel grief about things differently. Grief is the way we heal an emotional hurt. Grief takes time just like healing a cut or burn takes time. Grief has steps that we take as we get better. Sometimes we go up the steps and sometimes we go back down. Somedays are good days and somedays are bad days. Little things can make us sad or angry or hurt again. Grief is a healthy process and your feelings are normal.

Talk, draw or write:



1. Something that hurt my feelings.



Talk, draw or write:

THINK

1. What does having FASD mean to you?
2. Does having FASD make you feel bad? How do you feel?
3. Is there anyone you can talk to about what it is like to have FASD?

Story:

Sara is 19. She tried very very hard to graduate from high school and finally made it as a super senior. She fights with her mom and dad because they still treat her like a little child. One night she got picked up by the police. They sent her to a doctor who said she has FASD.

Role Play:

Your friend just learned she has fetal alcohol spectrum disorder. She was scared to tell anyone but she dared to tell you.

What do you say to her?

Talk, draw or write:



1. How I felt when I found out I had FASD.

A Broken Heart Hurts!



When you love someone or something very much and you lose it you 'feel bad'. This hurt is different from an injury like burning yourself with hot water or being hit. That hurting is called pain and is physical. This kind of 'feel bad' hurting is emotional and called grief.



You are **surprised** when you burn yourself with hot water.

You pull your hand away **scared** the hot water will burn you more. Soon a blister forms where you have been burned. This blister hurts so much you feel **angry** or maybe **sad**. After a while the blister begins to heal. Somedays it itches and you want to **make a deal** with someone to make the itching go away. One day you realize you no longer hurt or itch, you **feel ok** again. There is a tender area or scar left behind.

Talk, draw or write:



1. Times I was burned or injured. Scars I have.



More About Grief

When we deal with a loss we go over and over it in our minds.

When a person we love dies we grieve that the person is gone forever and cannot come back. When we lose a relationship through betrayal or being left we also grieve. One problem with loss of a relationship is that we may still see the person in our daily life or do things with people that person does things with too. The heartbreak can become a rollercoaster ride.



Talk, draw or write:

1. I am grieving (feeling bad) about.

Check the boxes if you have had any of these experiences recently.

Physical Reactions

- Difficulty Breathing
- Chest Pain
- Faster Blood Pressure and Pulse
- Tremors
- Nausea and Vomiting
- Dizziness
- Heavy Sweating
- Fatigue
- Trouble Sleeping
- Teeth Grinding
- Headaches
- Sighing
- No Energy
- Problems Thinking
- Blaming Self and Others
- Memory Loss
- Zone Out
- Nightmares
- Can't figure out Time, Place and Person

Emotional

- Crying
- Guilt
- Depression
- Anxiety and Panic
- Fears
- Mood Swings
- Irritable
- Always think about person or thing
- Avoidance/Withdrawal from Others
- Inappropriate Responses

Behavior

- Emotional Outbursts
- Change in Appetite
- Anger
- Acting out
- Pacing
- Scare Easily
- Increased or Decreased Sexuality



Stages of Grief

During the time of grieving I get stronger. I learn to accept and understand the loss and my feelings. I can live through the pain. I let go of feelings and emotions. I realize my life is going to be different. That it is okay to change. I learn to become stronger and wiser. I can love and live again. I learn that I am a wonderful and lovable person. I also learn what I need to do to have better relationships. I can find new things that are fun to do and make new friends. I can spend time with safe and nice old friends.



The six stages of grief are:

- 1) **surprised** (shock, denial, survival)
- 2) **scared** (fear, worry, anxiety, panic)
- 3) **angry** (rage, frustrated, jealous, cheated)
- 4) **sad** (depression, isolation, lonely)
- 5) **deal making** (bargain, if I do...then...change things)
- 6) **it's ok** (feel better, letting go, stronger, healed, accept)

I may pass from one stage to another. I may spend more time in one stage than another. I may skip a stage or repeat a stage. I find my safe friends to help me through my grief process. It is hard work that needs to be done. I know I can do it. I will learn many new things during this time of healing.



Leaving behind lost and left?

Some people have been lost and left as little children. It is sad to be lost and left as a little child. When a person who has been lost and left grows up and loses someone they really love, they may feel lost and left again. Old feelings that were never healed may come back. If you ever felt lost and left as a little child talk to your “SAFE” person about it. It was scary then. It is safe now that you are grown up to tell that scared little person you once were that you grew up and are okay and strong.

Story:

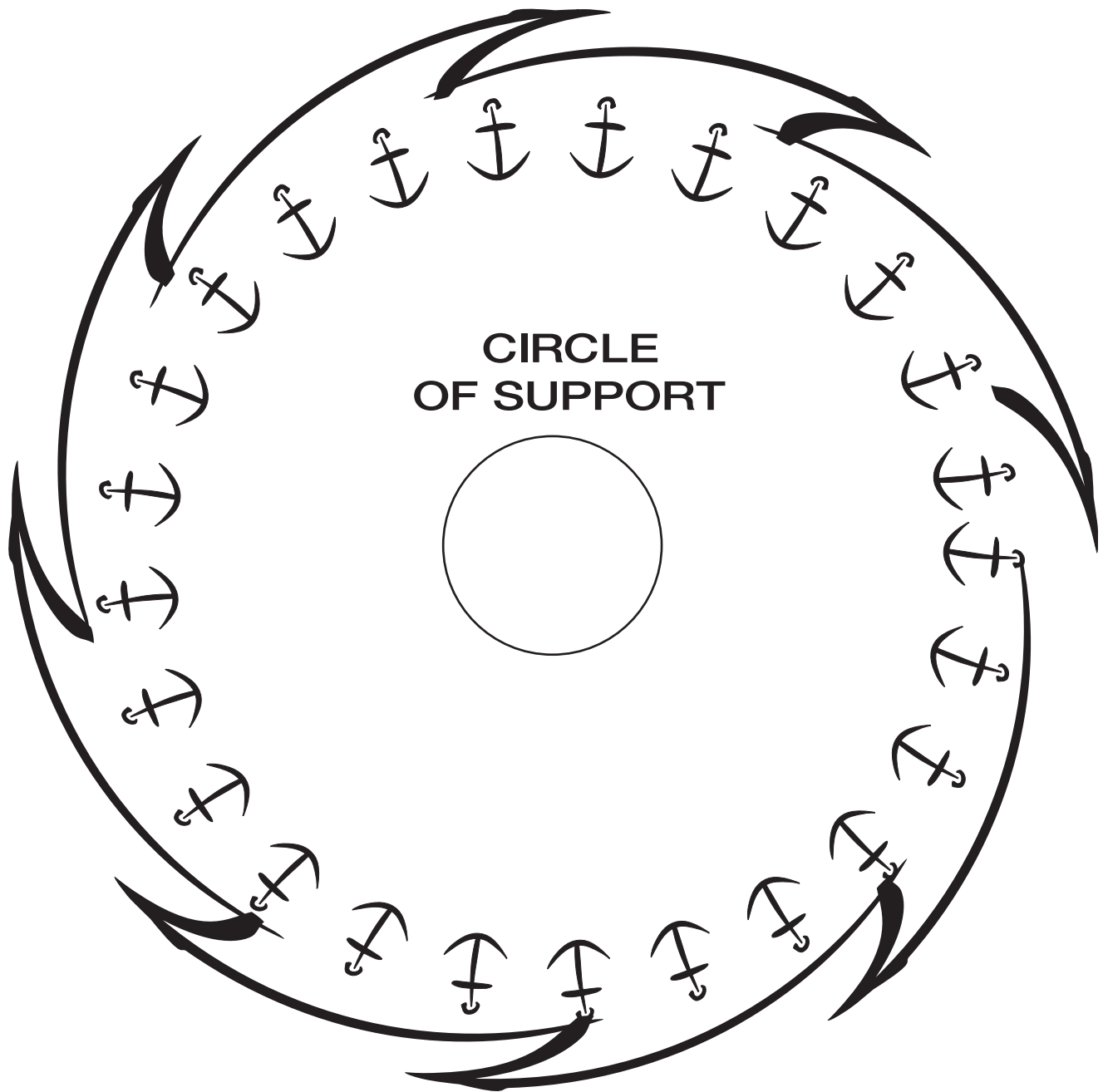
John was two years old and loved his grandma. His grandma died and he had to move to foster care. He thought he was stolen from his grandma. A dark haired lady came one day and gave him to a new family she called his adopted family.

Talk, draw or write:



1. When I lost someone or something very special.

DANGER AREA



CIRCLE OF SUPPORT:

I will keep myself safe when I am grieving.

1. Do fun things. Talk to safe people on this list.
2. Avoid people who hurt me or get me in trouble.



FUN THINGS FOR ME TO DO

FUN IDEA

WITH

PHONE

1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____
14.	_____	_____	_____
15.	_____	_____	_____
16.	_____	_____	_____
17.	_____	_____	_____
18.	_____	_____	_____
19.	_____	_____	_____
20.	_____	_____	_____
21.	_____	_____	_____

FUN IDEAS:

I will take care of myself when I am grieving.

1. Make a list of things I can do to keep busy.
2. Make a list of people I can do these things with.



Riding the Stages of Grief

Welcome to the roller coaster ride of grief. This roller coaster will take you up and down and around until you learn to accept and use your real feelings in a positive way.

STAGE 1

Surprised
Shock
Survival
Denial
Preservation
Alarm
Hurt
Misunderstood
Humiliated

- How could this have happened to me?
- It must be a mistake.
- It's the end of the world.
- My life is over.
- What will I tell my friends and family?

Words of comfort:

- I am glad you are with me.
- You are a lovable person.
- You are a worthy person.

- Give yourself time and the privacy to feel better.
- If you try to find another romance before you have time to figure this out and grieve you will not give your next relationship your best.
- It's okay to be emotional, but try to be respectful of others.
- You may feel vulnerable and worthless.
- Little things can feel like big things.
- This isn't the time to write, call people, or broadcast the news to the world (except to family members.)

STAGE 2

Scared
Fear
Panic
Worried

"The right thing isn't always the easy thing. Take care of you."

- I will never have another relationship as good.
- What will people think of me?
- I am no good.
- No one will want me now.

Words of comfort:

- I'd like you go with you to
- You can be honest with me and I will be honest with you.
- It's ok to ask for help.

- Don't make a mountain out of a molehill.
- Give yourself a worry time each day for 15 minutes then stop worrying.
- Write your worries on a piece of paper. What ones are real? Which one can you forget?
- It's okay to feel scared and angry.
- "It's a worry..." Know that it is something to worry about and let it go.

STAGE 3

Anger
Protest
Out of control
Powerless

"I may need Pillow Time. A pillow is a safe, soft, thick, cuddly fabric I can put my face in and scream to express my frustrations. I can also hug it, snuggle it or sleep on it."

- What a jerk!
- This isn't fair
- How would you like it?
- You don't understand me!
- I hate him
- I can't talk about it or I won't talk.

Words of comfort:

- It's ok to be angry, I won't let you hurt yourself or others.
- I will help you get control of your life and the feelings you have.
- You can be powerful and ask for help.
- When you are angry I will help you solve your problems.
- I will help you understand your new feelings.

- Find a safe way to let your anger out.
- Ask for help when you can't sit still or you'll explode. You want action now. It would feel great to reach out and hit someone. Revenge takes over your thinking. You want to make others feel your pain too and put chaos into their life, take away their smiles and happiness.
- Use your anger to do something positive to better your life and future.
- Find a way to shout it out.
- It's okay to feel angry and scared
- Write your anger on paper and slowly tear up the paper.
- Think of something that makes you feel calm or happy.

STAGE 4

Sadness
Sorrow
Depression
Isolation
Empty

*Feeling sorry for the "it" that happened is sympathy.
Feeling sorry for "you" is pity.*

- I feel guilty for what I did.
- I have no energy to do anything.
- I am worthless.

Words of comfort:

- When you feel sad you can come to me.
- I care about you.
- All your feelings are okay with me.
- You can come to me if you do not trust your feelings.
- You can come to me if you think about hurting yourself.

- Be your own best friend.
- Be nice to yourself - a bubble bath, a walk in the woods, a ticket to a concert, a movie, a cafe-late.
- Do all the things you never had time to do.
- Play with your old friends.
- Exercise.
- Volunteer to help someone else.
- Watch funny movies or watch a really sad movie and cry cry cry.
- Realize this is a life season. This too shall pass.
- Alone doesn't mean lonely and it doesn't mean you are a loser..

STAGE 5

Deal Making
Plead
Bargain

"This is the time I need to take care of me. It is a time to spend with safe friends. I do not need to go back to the old relationship and I do not need a new relationship right now."

- If only I was worthy.
- If only I did this then it wouldn't have happened.
- He'll apologize or maybe I should apologize.
- I'll get a new relationship right away.
- God, I promise I will be a good boy/girlfriend next time. Just give a new relationship.

Words of comfort:

- You can think for yourself.
- You are a strong person.
- Would you like to join me doing ...

- My Knight in Shining Armor or Princess is coming back . . . Da Da Dump That Idea!
- Take time to get to know your needs.
- Take responsibility to grow and learn new things.
- Find new hobbies and activities.
- Think about what having a boyfriend/girlfriend means to you.
- Role play break up situations. Life is full of break ups. You may have to tell a boss you are leaving or end a friendship. Practice healthy communication skills.

STAGE 6

Beginning
Acceptance
Healing
Letting Go
Acceptance
Hope & Faith

- Life will go on.
- This too shall pass.


Words of comfort:

- You have a lot of courage and are a strong person.
- You can find ways of doing things that work for you.
- You are lovable.
- I like growing with you.

- Pick yourself up and dust your self off.
- You will have higher highs and lower lows for a while.
- Little things may set you back through the grieving cycle again.
- One moment you will feel great and the next minute like a dud.
- Don't sell yourself short - you are a worthy, lovable, wonderful person who deserves the best.
- Go out and have fun with all your new strength and learning.

Sometimes things happen AND you will go back to an earlier grief stage. Don't worry. It happens to everyone. When you know what stage of grief you are in you do not feel so out of control. When you do not feel so out of control you can practice STOP, calm down, and THINK to slow down your emotions and reactions.

The Roller Coaster of Grief?

					
SURPRISED	SCARED	ANGRY	SAD	DEAL MAKER	LIFE IS OK

Starting at “event” follow the progress of your roller coaster grief ride. You will see as time goes on you stay in areas for shorter times. Life gets ok!





Love is like a ladder

Love is like a ladder with many different steps. Perhaps the top step for you is to be married to a wonderful person. There are many steps on the ladder. Each step is a relationship. Some are good and some are bad. You grow from every relationship. You learn what you like and what you do not like. You learn what you can give to another person and what you can not give. You learn what you can take from another person and what you cannot take.

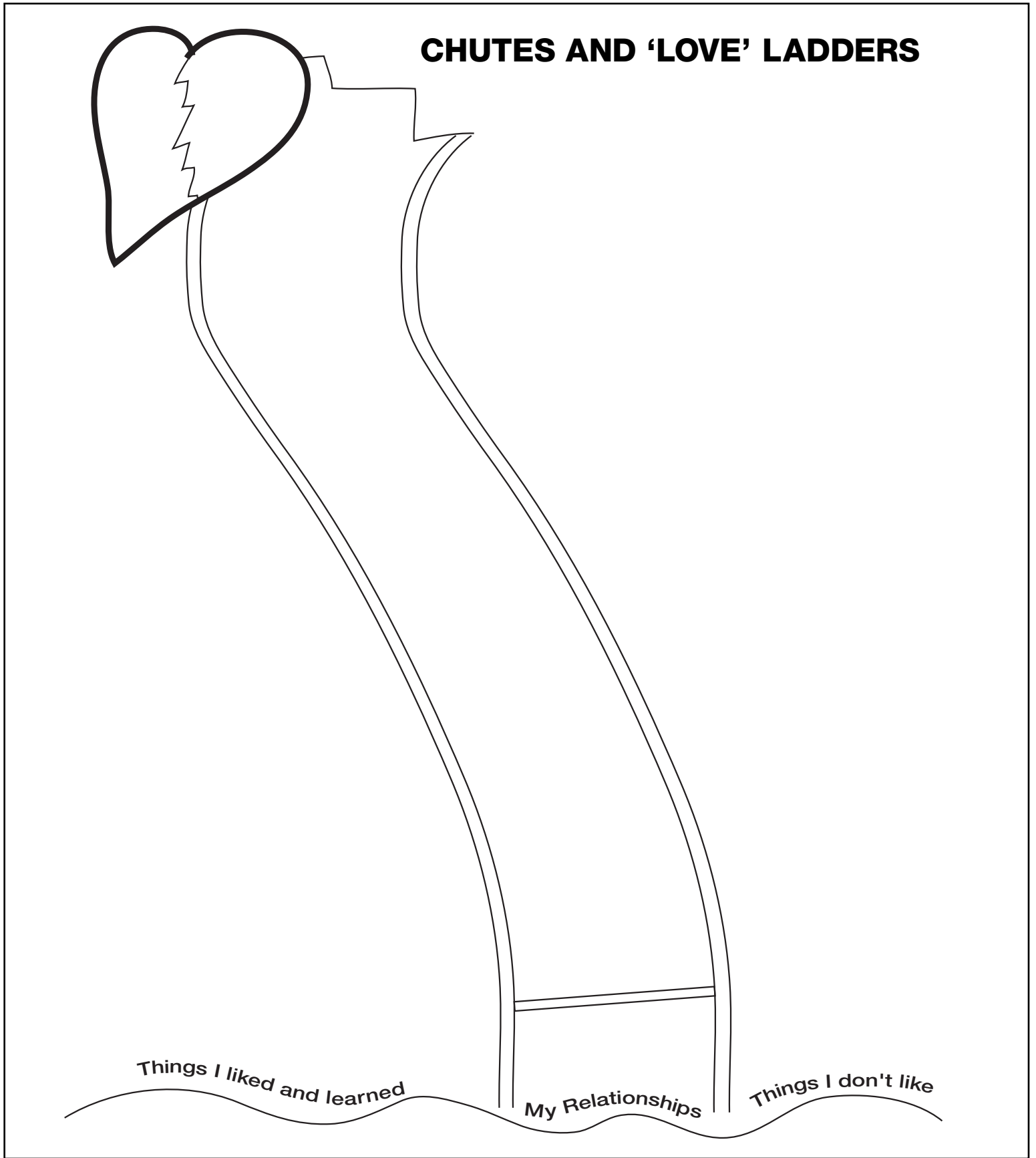
SHUTES AND LADDERS WORKSHEET



1. List the name of the first person you have had a relationship with on the first ladder step.
2. Next list what you learned in that relationship.
3. On the right side write what was bad in the relationship.
4. On the left side write what was good in that relationship.
5. List other relationships you have had and what you have learned.
6. The last step is for your last “broken heart” relationship.

When you learn to walk you first have to learn to roll over, sit up, crawl and stand. Finally you are skilled enough to take your first step. You fall. It took many tries before you could walk well. Love takes time. It takes a lot of learning and growing. Sometimes we want to rush into love. We think every love is perfect love. These are your steps to learning about love.

CHUTES AND 'LOVE' LADDERS



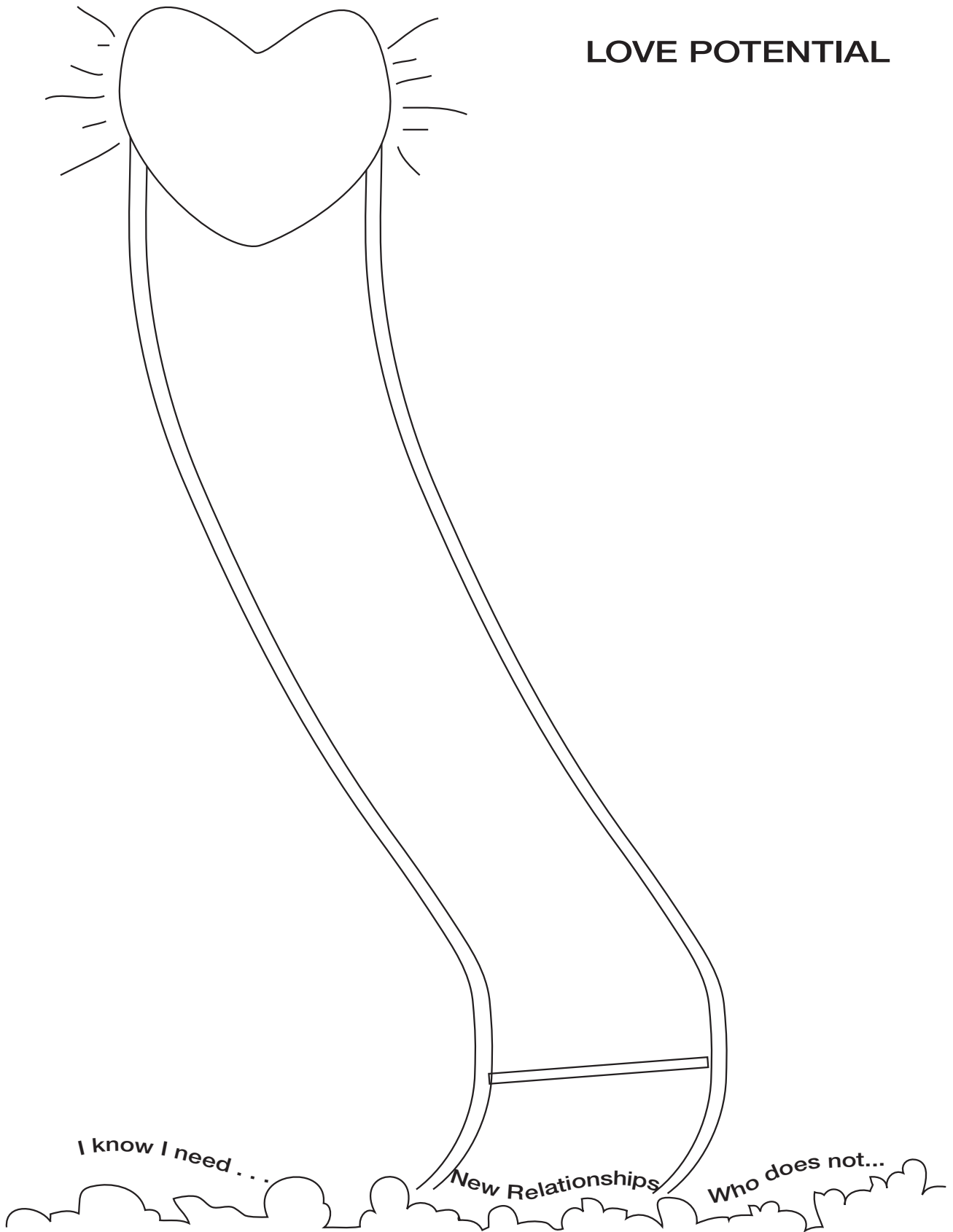
CHUTES and 'LOVE' LADDERS

I have learned something from every relationship.

1. Somethings were good and I will look for them again.
2. Somethings were bad and I will avoid those things.



LOVE POTENTIAL



LOVE POTENTIAL:

I have a NEW LADDER

1. I know what I need in a relationship.
2. I know what I need to stay away from.



Guard My Heart



I can **Guard My Heart**.

I do not give my special love to everyone.

I am very careful in sharing my love.

My steps to **Guard My Heart** and keep me safe.

1. _____

2. _____

3. _____

4. _____





I Learn To Cope

Sometimes the angry and sad feelings come over me like a giant ocean wave. Sometimes I just want to be alone. Sometimes I don't care about myself or anyone else. I know I have to keep myself safe. When I have a strong feeling I need to **STOP, Calm down and Think**. I can find ways to let my feelings out in healthy ways.

HALT helps me remember. I ask myself this question first: Am I **Hungry, Angry, Lonely or Tired**? I have a plan to help me when I need to **HALT**. I can keep this plan in my wallet.



My HALT Plan:

- 1) Hungry _____

- 2) Angry _____

- 3) Lonely _____

- 4) Tired _____

I learn to do things so I can cope with what is going on. I can eat healthy, exercise, get enough sleep and spend time with safe friends. I stay away from drugs and alcohol.

Mentoring Tips

- Perception of an event may be oriented in the five basic senses. It is concrete, short-ranged and what is felt at the moment.
- Feelings may be expressed physically, watch person's body to understand the language of their grief.
- Grief work goes in cycles throughout one's life. When developmental levels are changed old grief issues may recycle.
- Regression in development is common when a person is grieving or under high stress.
- Fear and uncertainty about the future are very common and can be obsessed on. Validate feelings as real. Provide attention and nurturing.
- Help person comprehend life's events happen and they are not solely responsible. Everyone experiences losses and changes in their lives.
- Find positive ways to demonstrate love and service to others.
- It is normal for a person to be listless one minute and euphoric the next during the first two weeks of a breakup.
- A breakup is a transition - you are moving from one thing to another. Help the person think of ways they he/she have adjusted to other transitions - moves, new schools, start school or end school.
- Help the person think about things he/she enjoys doing. A hobby, a course, join a team, volunteer, make a special place to enjoy time alone.
- Discuss destructive anger, which tears down relationships (you feel betrayed, hurt, want to lash out) versus constructive criticism or action which can strengthen and build relationships (dig in the garden, pull weeds, make bread or cookies, walk the dog, go for a walk, dance).
- Help the person understand what a bad relationship is. Never stay with a partner who is abusing you.
 - Name calling or put downs (stupid, bitch, ho, etc)
 - Are you scared to disagree?
 - Jealous or possessive when sees you with other people.
 - You stop doing healthy fun things you really like to do.
 - You feel like you are not good enough.
 - Tells you what to wear, how to act, who to be friends with.
- If you are in an abusive relationship TELL someone. Get help to get out of the relationship.
- Once you are out of the relationship do not talk badly about the person. Stick to the FACTS if someone asks.
- The heart is a very special and wonderful part of us. Help teach guarding of the heart.



Other Publications by Better Endings

Journey to Life By Jodee Kulp

A poetic journey of healing for children and adult children of alcoholics. Limited Stock \$6.95 US \$9.95 CAN

Our FAScinating Journey: Keys to Brain Potential Along The Path of Prenatal Brain Injury

By Jodee Kulp Written for parents and professionals, this 312 page book looks at issues surrounding children with FASD and ideas and therapies that have shown promising results. \$39.95 US \$55.95 CAN

Best I Can Be: Living with Fetal Alcohol Effects or Syndrome By Liz and Jodee Kulp

Teenager Liz Kulp takes the reader on an inside journey of what it is like to grow up with prenatal brain injury from alcohol. \$12.95 US \$18.95 CAN

Families at Risk: A Guide to Understanding and Protecting Children and Care Providers Involved in Out-of-Home or Adoptive Care By Jodee Kulp

A foster and adoptive care classic. 416 pages of insight into the world of a child in out-of-home placement. Special sections on keeping children and families safe from maltreatment and prevention of false allegations. \$29.95 US \$41.95 CAN

Young Adult Workbook Series By Jodee Kulp

The first in a series of workbooks for older teens and young adults with FASD in handling life experiences in healthy ways.

Other titles include:

- Heart Break
- Empathy
- Safety in Friendships.
- Love
- Sexuality
- Chemical Abuse
- Anger
- Integrity

Call our office for more information 763-531-9548

*There is
Hope!*



This workbook is FREE and is the first in a series addressing root issues to prevent secondary disabilities for persons with FASD.

We are searching for funding to expand to a series of eight.

Better Endings New Beginnings gives this first booklet as a gift to the world. With funding future booklets will be priced reasonably for therapists and families.

BETTER ENDINGS NEW BEGINNINGS

6289 Brunswick Ave. N.

Brooklyn Park, MN 55429

763-531-9548 www.betterendings.org

MENTOR SHEET: How Can I Help a Person with FASD Deal with Sorrow

By Kathryn Benjamin

Several things came to mind with your daughter's recent sorrow in betrayal from a lover.

She needs understanding and empathy to grieve her loss and hurt. Here are the steps I follow when working with people with brain injury dealing with major life losses.

1. Validate what a wonderful and loving human being she is. Her ego and self-esteem just took a nose dive. Reflect to her the feeling she must be feeling, *"I know how this must make you feel-sad and betrayed. He had no right to treat you in that manner and you did nothing to deserve it. I am sad that you had to learn the hard way that not all individuals are honorable or have integrity (explain that word if she does not know the meaning), like you do."*
2. Help her understand grief and its stages. Pull her in on understanding the process. Where in the grief steps she sees herself? How can she move on? Is she going back and forth over an area of the grief cycle? Once she recovers some from this, you can start with boundaries.
3. Help her develop new healthier and wiser boundaries.
 - a. Engage her in making a list of all her positive qualities that she is able to and willing to bring into a relationship.
 - b. Once completed, ask her to make another list of positive things she thinks a boyfriend or partner should have. This is very concrete and esteem building for her.
 - c. Then have her make a third list of all the negative things she does not want in a relationship. This gives her a chance to vent all the crummy things that guy did. List things she needs to work on also.

Explain that when she is thinking about getting into another relationship she goes to her lists and asks the questions.

1. Does this person have most of the things I am willing to bring into the relationship? Can I be true to myself?
2. Does he have most of the positive qualities I need in a relationship? Can he be true to himself?
3. And most importantly, is he displaying ANY of the negative qualities I don't want in a relationship.

The most important thing is for her to understand by doing this process, is that it takes time to get to know someone to determine if they are worthy of HER. The goal is for her to internalize her values, esteem herself enough not to make concessions and to know what she does and does not and will not tolerate in relationships.

Does having a sexual relationship directly conflict with her family values (Christian, Jewish, Muslim)? Explain that having sex prematurely means that males do not respect her and they will do the very thing she dreads, abandon her. Then you can tie in the biblical reference that some one as beautiful and loving as her does not, "Cast their Pearls Before Swine". Tell her a test of one's salt is their respect for her when she says no to sex for a long time, and they agree to that, still want to see her and stop pressuring her. Explain how hard it is for her to be patient and date and wait for the right person to come along. If she does not learn the concepts then she is doomed to

repeat the same pain and hurt over and over again until she gets it. Ask her if she has ever felt left and lost. When and how did she feel. Ask if she has ever been chosen and placed, that to be chosen and placed is a very special gift.

One final thing my intuition just down loaded. Tell your daughter it's ok to give a boy her heart, but none gets the soul but Jesus. When she sleeps with a boy when she's not married to him, puts up with disrespect, or other issues on her own negative traits list, is being treated badly, she is giving away her soul. She must learn to love herself first and foremost, and not lower her standards for anyone-no matter what the pressure may be, and to ask the question inside, "Am I casting my Pearls before Swine?" Tell her to ask it from her heart and Jesus will answer in the form of intuition.

Stay close and keep occupied by as normal routine as possible. Sometimes, just being there, really present, even in silence, is supportive and comforting. Don't tell a person who has experienced a loss that it "could have been worse" or "you're lucky it was not worse." Allow expression of grief, shock, denial, anger, despair, bargaining, detachment, acceptance and resolution with open and accepting body language and encouraging words. Sometimes they are unable to speak about what happened or their feelings. A loving embrace or holding a hand can express much more than words. Reassure individual she is safe, lovable and valuable. It is important to let the person express feelings.

Ideas to help

- **Talk.** Express emotion to help deal with the grief.
- **Stay Busy.** Get involved in new and old safe, fun relationships and activities. Take a fun class.
- **Nutrition.** Stress depletes nutrients. Eat a well-balanced diet with fresh fruits and vegetables; whole grains, fish, meats and poultry will increase energy. Avoid or decrease sugar, caffeine, tobacco and alcohol since these drain nutrients, increase depression, stimulate palpitations and interfere with sleep.
- **Exercise.** Reduce stress by walking, aerobics, biking, swimming, rollerblading, running, sports, Tai Chi, Yoga, dancing etc. will reduce stress.
- **Rest.** Sleeping may be difficult. Just rest. Deep breathing, massage and aroma therapy can be induce rest and sleep.
- **Journal.** Write letters, poems, journal, record feelings on tape. Being creative can release emotional energy.
- **Movies.** Watch a comedy movie.
- **Read.** Know that others have experienced similar situations.
- **Seek Help.** Ask for help from your case manager, religious leaders, hospitals, clinics, self-help and support groups, books and internet.
- **Clean Your Closet.** Create a farewell ritual to formalize the end of the relationship. Consider burning love letters and things that remind you of what is no more. Send up a helium balloon. Letting go of the material goods to help let go of the memory. Don't be tempted to keep souvenirs and pore over them. When someone dies we have formal funerals but when a loved one leaves we have no such comforting ritual.