

WORRY

Iceberg

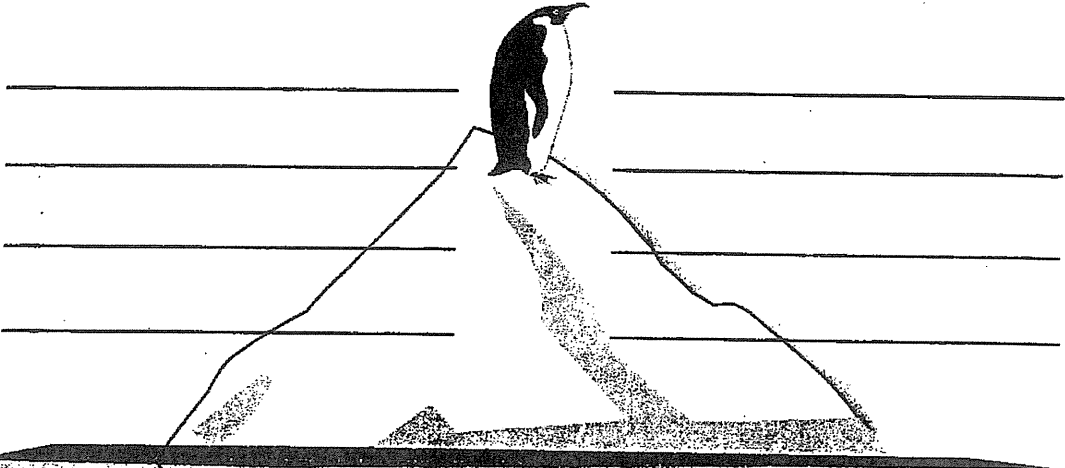
Directions:

Ask the adolescent to fill in the lines next to the iceberg

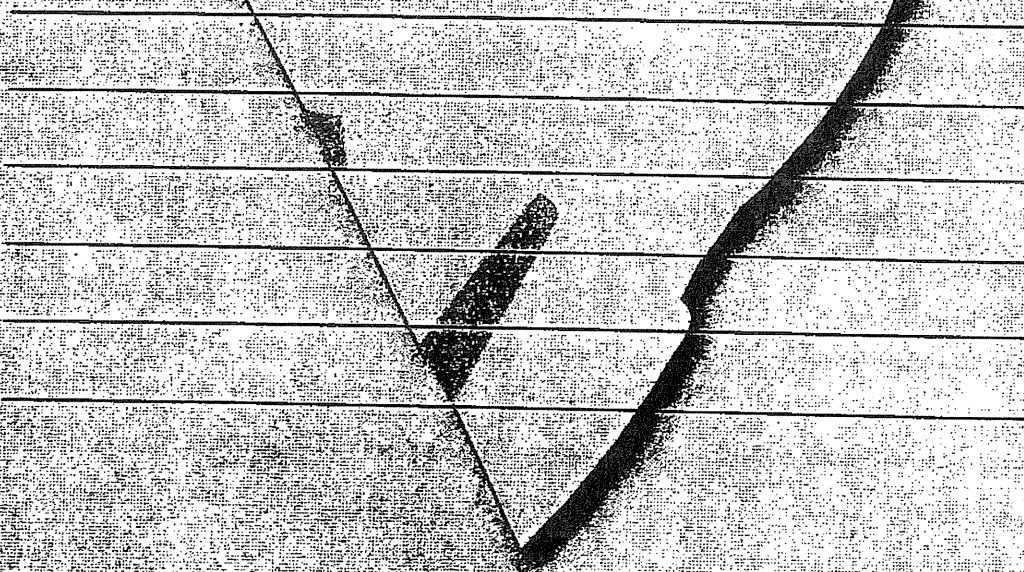
Reframing:

Everyone has things about them that many people know, and then there are the things that only our best friends know, and even some things that no one knows! That is okay. Some things are meant to remain private. But, if those things begin to bother you, it often helps to talk to someone you can trust. Instead of the keeping a secret inside that is bothering you, getting it out, even to one person can give you a sense of relief. Many times you'll find that you aren't the only one who has that secret.

This is what everyone knows about me:



This is what not many people know about me:



This is what no one knows about me:



SURVIVOR

The Good Parts of Me

Framing:

Remember, trauma is only one part of all the experiences you have had in the past. The fact is despite what happened to you, all the things you are mad about because of what happened, all the things that weigh you down, they are only one part of your life. I just wanted to remind you of how your experience is only one of many.

Directions:

Ask the adolescent to list their good parts. Follow this with completing what others would say they like about them.

Reframing:

Sometimes we forget about all of the good parts about ourselves and of what others feel are special about us. We only focus on the trauma. I want you to remember that the trauma is only one part of you – the good things you listed never disappear, they just sometimes get buried under the bad things. You really are a survivor.

The good parts of me	What others would say

HURT

Instructions Tag

Framing:

Sometimes we need instructions for caring for delicate items of clothing. When we hurt, we also need instructions for ourselves and others to know how to take care of ourselves when we hurt.

Directions:

Ask the adolescent to write down instructions on how to best take care of themselves when they are hurting. It can be either instruction for themselves or for someone else taking care of them when they feel hurt.

Reframing:

You can do these instructions yourself or let somebody else know what you need when you are feeling hurt.

Ages 13-18

Instructions for taking care of me:

WORRY

I Can't Get It Off of My Mind!

Directions:

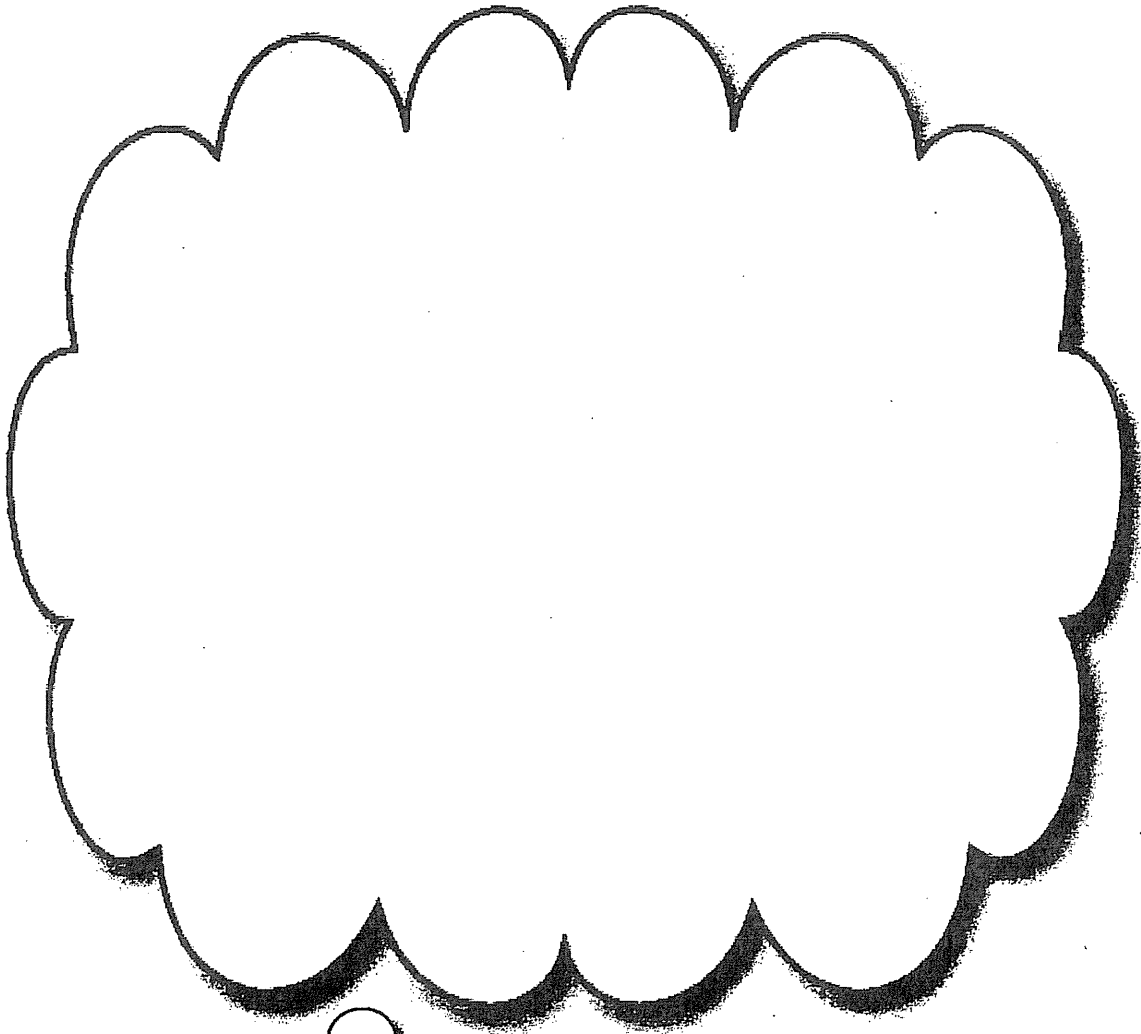
Ask the adolescent to draw what's on their mind, what do they worry about most?

Reframing:

Now, take your worry. Think of yourself as a survivor with choices. Let's assume your worry might happen. What do you think you could begin to do right now to be ready should this worry happen, so it would not control or ruin your life?

Worries don't stay, they come and go but if your worry should happen, it is helpful to know and think through what you would do if it does happen. This way you have a plan and you'll be ready for it

What I worry about the most:



FEAR

Dream Catcher

Framing:

In the Native American culture, dream catchers were used as a protective keepsake to keep away bad dreams. These were often handmade with a willow hoop, and then a loosely woven net or web was put in the center to keep nightmares away from sleeping children. They were often decorated with personal or sacred items, beads or feathers and hung above where children slept.

Directions:

Ask the student to draw an image of their own dream catcher. What kinds of personal items would they hang from their dream catcher to keep bad dreams away? What would their web look like? Would it be a complex web or a simple web? What kinds of nightmares would their dream catcher have to protect them from? Have them draw those in on the outside of the dream catcher.

Reframing:

You can hang this dream catcher over where you sleep to help protect you from your nightmares.

Ages 13-18

Draw your own dream catcher:

