

Coping with Change

Q1 Which of these feelings are people likely to have when something seriously bad happens to them?

guilt

feeling numb

anger

sadness

despair

Q2 When you're really upset, which of the things below will make you feel better and which will make you feel worse? Write "better" or "worse" for each one.

- a) Sitting on your own listening to depressing CDs.
- b) Talking to other people who are upset about the same thing.
- c) Eating ice-cream.
- d) Giving people the brush-off if they try and talk to you about how you feel.
- e) Pretending everything's fine.

This is likely to be different for everyone.

Q3 When Phil's grandma died, he went through all sorts of different feelings. Read through them and then put them in a sensible order:

Went bowling with his mates and had a really good time. When he got home he realised he hadn't thought about his Gran at all and felt guilty and upset.

Didn't want to talk to anyone about it.

Started crying and couldn't stop for ages.

Felt really angry at his Gran for dying. Felt like she'd done it on purpose, even though he knew that didn't make sense.

Started thinking more about good things his Gran did when she was alive, and less about the fact that she was dead.

There's no right answer to this one, by the way.

DISCUSSION QUESTION

Q4 Your cousin lives in New York, and his parents are getting divorced. Write him a friendly letter or email offering him some advice.

DISCUSSION QUESTION

Q5 Think about a few of the most serious things that have happened to you.

Try and remember how long it took to feel better.

What kind of things helped you feel better? How do you feel about the events now?

This one's not meant to make you feel miserable. If it does, make a list of good stuff that's happened to you.