Get Rid of the Hurt

A Book About Grieving

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Get Rid of the Hurt

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Introduction

The loss of a loved one evokes some of our most powerful emotions. The intensity of grief cuts into our hearts. We might like to get rid of the pain, but the hurt won't heal unless we pay attention to it. *Get Rid of the Hurt* was written to help children find ways to grieve.

Grief is a way to praise and honor the one who has died. Grief helps us take a new look at the future and what our lives will be like without our loved one. All our emotions help us accomplish that, whether we shed tears openly or more quietly, express anger, fear, or physical exhaustion. There are no right or wrong ways to grieve.

Loss may have destroyed—or at least changed—the balance of your life. Don't worry if you feel sad or scared. You're doing the work of grieving and learning to face life in a new way. Grief can't be rushed and can't be fit into a time frame or schedule. The closer you were to the person who has died, the harder it will be to put your grief to rest.

We wrote *Get Rid of the Hurt* to help you through your sorrow. Grief hurts, but grieving helps us stay physically and emotionally healthy. Grieving will help you discover your own potential and prepare you to pursue your future. Grieve in whatever way feels right to you: Draw, cry, sleep, play games, write, or do whatever makes you feel stronger and more at peace. Then do it over and over again. You'll get rid of the hurt, but you won't lose the love.

How to Use "Get Rid of the Hurt"

Get Rid of the Hurt can be used in small-group counseling, individual counseling, or classroom guidance classes. Every child experiences some level of loss. It might be through divorce; the death of a family member, friend, or pet; an accident or fire; unemployment; or the loss or theft of an opportunity or a possession. Everyone experiences some level of pain.

Read this book slowly. Give the children time to process each part. Let the children be your guides as you read. Wait for them to tell you to turn each page. Some pages will be easy for them to hear. Take time with the pages on which the children are doing the work of grieving. Let the children share their experiences and feelings. Doing so helps them get rid of some of the hurt. It takes time for children to look at how life has changed and to get used to the idea that the life they knew has ended. Have paper on hand in case the children want to draw. Be ready if they want to take a walk or play a game. Stand next to a child who needs to cry, offering comfort and support. Find a safe place for the children to cry or release their anger. We are the children's guides, but we must let them lead the way. Children will want to read some pages over and over. There are some pages you'll have to read only once, because the children have completed their grieving work in the areas those pages describe. Don't be afraid to ask, "Is this a grieving day?" as you begin a group. And don't be surprised if you can sometimes answer that question without asking it. There will be days when the answer will be evident in how the children look or behave or in what they say. Don't be afraid to share your own grief. Children will learn that grief comes to all of us and that we all have to learn ways to get rid of the hurt.

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THE FOLLOWING SAMPLES
ARE REPRODUCIBLE/PRINTABLE PAGES
INCLUDED ON THE CD-ROM

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What is Grieving?

When you lose someone you love, you feel sad.
Grieving is whatever you do to express the pain.

Circle each of the ways you let your pain out.
Add any others that are not on the page.

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Screaming

Running

Sleeping

Crying

Exercising

Drawing

Let the tears flow.

Take a walk.

Think.

Take some deep breaths.

Hug your favorite stuffed animal.

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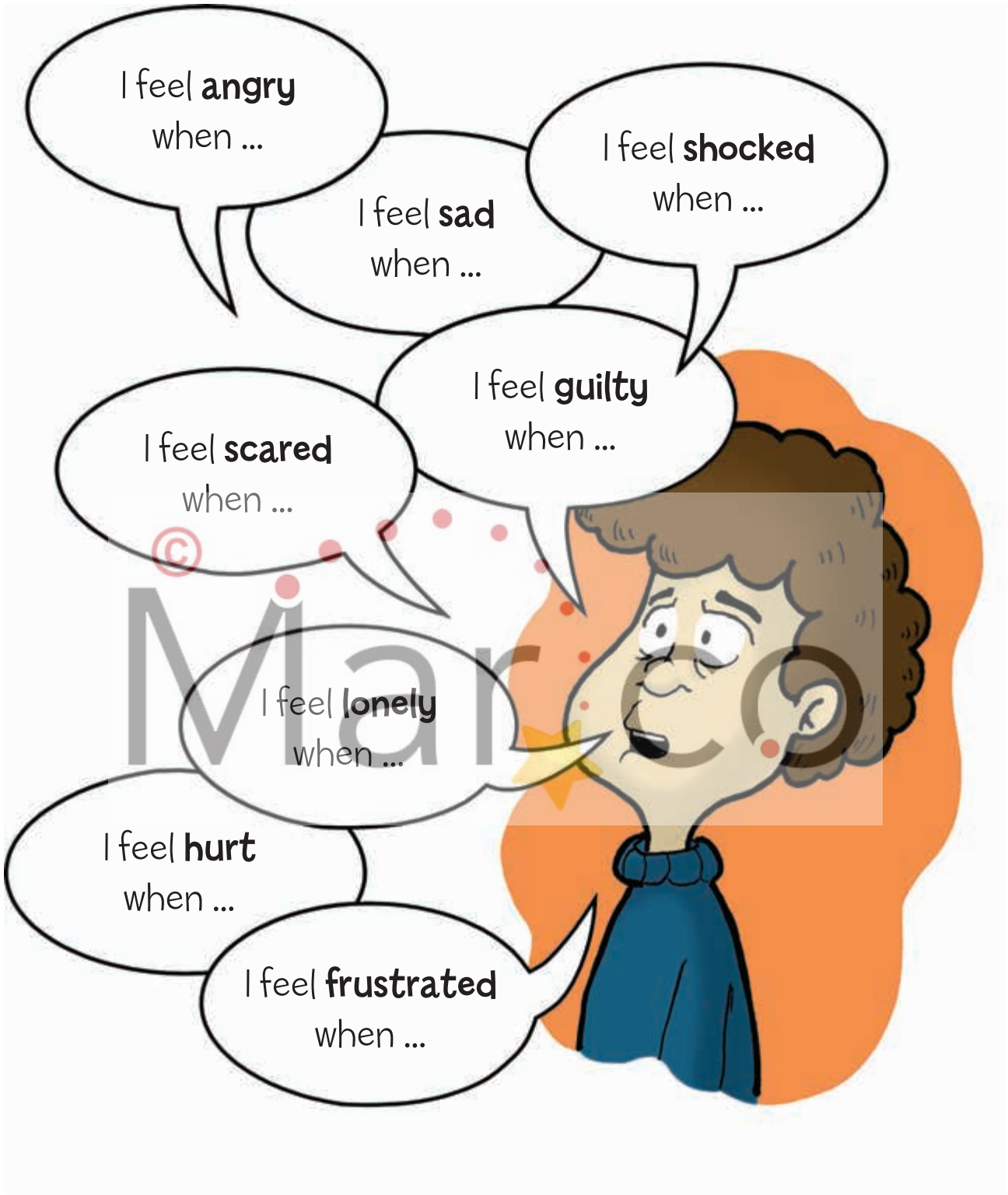
Practice saying aloud the **FEELING** words, then complete the following sentences:



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You may think:

My life will be different.
People will treat me differently.
I will be left out.
I will have no future.
I can't concentrate on my schoolwork.

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What other thoughts have you had or might you have?
Write them on the lines below:

_____

_____

_____

_____

_____

What will help you get on with your life?

Circle each thing that will help you get on with your life.
Add anything that is not listed below.

Pets

Friends

Family

Religion

Clubs

Music

Sports

School

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_____

_____

_____

Send some good wishes to your loved one!

I hope my _____ is having a good time.

I hope my _____ .

I wish _____ .

I want_____ .

I want to say _____ .

I want to say,

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Your loved one is not with you physically,
but he or she can be in your thoughts wherever you go.

You can always talk or write to your loved one.

In fact, now is a good time to write in your diary what you would like to say to your loved one.

Dear _____ ,

_____

_____

_____

_____

_____

_____

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Grieving will not last forever.

Things will get better!