

OTHERS(S)

Optimism
True Meaning
Humor
Emotional Intelligence
Resilience
Spirituality
Self-confidence
OTHERS(S)

Our **OTHERS(S) model** is based on research in the social sciences and personal experiences. Our team has learned some of the key resources that help people live with loss, crisis and trauma and grow from their experience. The OTHERS(S) model is strength-based and focuses on practical skills, empowerment, education, relationships and growth. We know that you can learn how to live a happy and healthy life by enhancing your personal and social resources and **believing in yourself.**

Hold The Door For Others "Gaining From Loss"
Interactive Journey Development Team:

Susie Dee, Creative Director
Justin Harris, Multimedia Developer
Jordan M. Kilgour, Jr. M.F.A., M.S., Project Facilitator
Mrs. Janet Fazio, Growth Consultant
Micah L. McCreary, M.Div., Ph.D., Growth Consultant
Mathew J. Bitsko, M.S., Growth Consultant
Robert J. Fazio, M.Ed., Your Navigation Guide

GAINING

from LOSS

Our Journey Continues

Brought to you by

HOLD THE DOOR FOR OTHERS

Go ahead...
Open the door.

A collage of objects on the right side of the page. At the top is a red and yellow pen. Below it is a green compass with a white needle. At the bottom is a white sign with black text that says "water break".

water
break

Welcome to Our First Step Together

Thank you for caring enough to take the chance to walk with me as we live with loss, and welcome to our Hold The Door Family. If you are reading this right now you are on your way to yet another step toward gaining from loss. This is your Interactive Map and we will use this throughout our journey to plan our work and work our plan. Throughout our journey together you will be seeing and hearing a series of clips. You will be able to interact with me and I with you. There will be stop, play and rewind buttons for you to click on so we can stay together as we travel. When I invite you to look at your interactive map please be sure to click on the stop button.

Let me share a little about the team that will go with you on this journey toward living with loss and growing from the experience. Hold The Door For Others is a nonprofit organization inspired by the acts of my dad, Ronald C. Fazio, Sr., whom we lost on that tragic day. My dad was seen literally holding the door for others on September 11th. We have decided to follow his lead and use his actions as a metaphor and vehicle to help others help themselves. Our mission is simple: We are dedicated to providing resources that help people live with loss and still achieve their dreams, which is precisely why we are here together today.

As you may know, loss can be one of life's most stressful and debilitating experiences. However, what you may not know is the tremendous growth that can occur as a result loss and crisis. Similar to most things in life, this growth does not magically happen, but you, me, and our Hold The Door team can work together to make the shift from loss to gain.

Just as when you are going on any outing or adventure, to prepare for a successful journey from loss to gain, you must chart your course, develop your navigation skills, and exercise yourself. To prepare for this journey, you will not only learn what we call your "portable skills," but you will also exercise or practice these new skills. The more energy put into the journey and the more you allow yourself to have an open mind, the more you will grow and learn.

You will notice that this journey honors loved ones we have lost. Yet, none of the people the journey honors were lost on September 11th.

Loss is a huge part of our lives, and as a matter of fact, death is the only certain part of life. With that in mind, we dedicate our energy to reach all people, including those outside of the tragedy of September 11th. This journey is for you, for me, for anyone. Also, our team is not just focused on one type of loss. Death can be the most powerful stressor life has to offer, but there are other losses, including divorce, athletic injury, getting fired, not getting a promotion and the list goes on. Our team defines loss as any event or nonevent that alters your current life experience. The point here is that this can be applied to many areas of your life, no matter what your current experience is.

Personally, I am going to dedicate my journey to my mom. She is someone who illustrates what it takes to gain from loss. It is not easy, it is painful, but it can be done and my mom is doing it right now.

You may want to take the time to honor someone yourself, writing their name in blank provided below. This person may serve as a bit of inspiration and motivation as you are challenging yourself to gain from loss.

I am dedicating my journey from loss to gain to

.....

To learn about your Hold The Door team member's experiences with loss, you can click on your team icon.

Ok, let's continue. In order to determine where we want to go, we need to know where we are. Please take the time to complete the Map Maker. Remember, the more you put into this, the more you will get out of it. These are not just words on a page; these are your guides as you explore new options and new paths to learn and grow as you walk. Walk with me, now, and complete the Map Maker.

The Map Maker can help you know what your best resources are as you walk with me from loss to gain. It can help you build your confidence, because by taking a look at your strengths, as well as resource areas that may need work, you can know better what gains you can make, and what it might take to make them.

Take some time now to read each of statements below, which are accompanied by a 5-point scale. On this scale 1 indicates “not at all like me” and 5 indicates “very much like me.” For example, for the first statement under Optimism, “I am a positive person,” mark the 5 box if you feel that this statement is very much like you. Mark the 1 box, if you feel this statement is very much unlike you, or somewhere between 1 and 5, if you feel that response best reflects what you know about yourself.

The Map Maker will work best if you mark your responses without hesitation. Trusting your first reaction and impression will provide you with the most accurate Map of your resources. When you get to the end, I'll show you how to score it.

O-Optimism and hope

	1	2	3	4	5
I am a positive person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that remaining positive is a choice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I look forward to new events.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I always have a sense of hope.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can usually accomplish what I want to.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Optimism total _____

T-True Meaning

	1	2	3	4	5
I find meaning during challenging times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a passionate person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Every day I wake up with a sense of purpose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am motivated by my sense of purpose in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When I think about my life, I see a reason for being here.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

True meaning total _____

H-Humor

	1	2	3	4	5
I laugh every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am able to find the humor in challenging times.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
People say I have a good sense of humor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can make others laugh.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I use humor to deal with difficult circumstances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Humor total _____

E-Emotional Intelligence

	1	2	3	4	5
I am able to read emotions in others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am aware of my feelings as they occur.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's easy for me to express my intimate feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am able to connect on a deep level with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have compassion for others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Emotional intelligence total _____

R-Resilience

I am able to bounce back from adversity.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I keep setbacks in perspective.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I am a strong person.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I depend on myself during tough times.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I deal well with turbulent times because I have been through them before.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Resilience total

S-Self-Confidence

I know I can deal with whatever life presents.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I believe in myself.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

If I need to learn a new skill, I can.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I possess the personal resources to deal with crisis.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

In times of crisis, people gain confidence from being around me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Self-confidence total

S-Spirituality

I feel a connection to others.

1	2	3	4	5
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Typically, I do not feel guilty.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

My faith shows me ways to handle most difficulties.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I control what I can and leave the rest to my faith.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

I experience God's love and care.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Spirituality total

OTHERS(S)	1	2	3	4	5
I believe in healing through helping others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think of others on a consistent basis.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know how to seek support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I offer support to others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I communicate with others during times of stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHERSS total					<hr/>

Good work. Now that you are finished marking your responses, let's go back over the Map Maker and score them.

For each statement, you will have marked one box, corresponding to the numbers 1-5. To score each resource category, just add up the total number of points for each box you marked. Next, write it in the blank provided, just like the example below.

O-Optimism and hope	1	2	3	4	5
I am a positive person.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that remaining positive is a choice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I look forward to new events.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I always have a sense of hope.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can usually accomplish what I want to.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Optimism total					<hr/> 13

Chart Your Resources

Here are some guidelines for the chart. Now we will be able to chart your resources (p.8). This will give you some idea of your strengths and how they stack up against each other.

Once you have scored each resource category:

- 1) Copy your scores onto the chart below in the blanks provided.
- 2) Complete the graph by filling in the dot corresponding to each score you wrote at the bottom of the chart.
- 3) Connect the dots you filled in by drawing a line between them.
- 4) You will now have a score under each resource category.
- 5) The dot corresponding to that category will be filled in and there will be a line connecting that category score to the next.
- 6) Smile. You are on your way.

Do you notice that some of your scores are higher? These are your greatest strengths. Are some scores lower? These are resources that you may not have learned to use well, yet. The good news is you can learn more about these resources and how to develop them, as we walk together.

Let's get started. Choose a sequence of resource cabins you would like to visit. You can start with your greatest strengths, resources you would most like to develop, or anywhere in between. The workbook follows the OTHERSS sequence, but the exercises will mean the most to you if you complete them in the order you truly prefer.

List your preferred order to visit the Resource Cabins and Your Interactive Map will be complete! However, you can always move around according to how you feel. Remember this is your journey. I can guide you, but only if you walk with me.

Be sure to check off when you have learned about your navigation tools and Hold The Door team.

- Feelings Watch
- Flash Light
- Hold The Door Team
- Water Break

- 1)
- 2)
- 3)
- 4)
- 5)

- 6)
7)
8)

Chart Your Resources

	O	T	H	E	R	S	S	OTHERS
25	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Score								

Throughout our journey together you will have the following navigation tools and assistance:

Feelings Watch

Flash Light

Team Hold The Door

Water Break

You will be able to learn more about all of these whenever you want. All you need to do is simply click on the icon that represents each navigation tool. Below I will walk you through a description of each. Remember you can use these tools whenever you want throughout the journey.

Feelings Watch

In order to learn more about your Feelings Watch, go ahead and click on the Watch Icon in the upper left hand corner.

Here are some ways feelings are like hours in the day:

- We know that feelings will always come and that they will always pass.
- We look forward to some feelings and try to avoid others.
- Each of us responds with the most energy to different feelings.
- With a little knowledge, skill, and effort we can change our feelings.

How else are feelings and hours in the day similar?

.....

.....

.....

Below are listed possible feelings you may experience every day, some of which you may find challenging, while others are neutral or more positive. There certainly are no wrong or right feelings, and there are many more feelings than those listed here. So, feel free to add your own.



Possible Challenging Feelings:

Bummed out, Depressed, Worn out, Burnt out, Despair, Alone, Overwhelmed, Angry, Sad, Grief stricken, Helpless, Hopeless, De-feated, Unmotivated

Possible Neutral Feelings:

Confused, Frustrated, Anxious, OK

Possible Positive Feelings

Purposeful, Passionate, Helpful, Energized, Enthusiastic, Car-ing, Happy, Motivated, Determined, Compassionate, Delighted, Pleas-antly surprised

Time to Exercise: Setting Your Feelings Watch

In order to set your Feelings Watch, you must first gain an understand-ing of what you are feeling. When someone asks you what time it is, you look at your watch or a clock and read the time. But you were not born knowing how to tell time and re-set a clock, let alone knowing how to read and re-set your feelings. To tell emotional “time” and be-come aware of feelings, we first need to learn to stop and carefully read the emotions we are experiencing.

Try this now. Take a minute to write down exactly what you are feeling.

.....

Just as there are many hours in a day, there are many feelings you can be experiencing.

1) What are you feeling right now?

Example: Angry

2) What thoughts and personal statements are associated with this feeling?

.....

Example: I am angry. I can't do this on my own, I have no future by myself and I am lonely.

3) If your feelings are negative, you can change them by changing your thoughts and what you say to yourself:

a) For example, say to yourself STOP and picture a large Red Stop sign. This will help you stop your negative thoughts and feelings.

b) Next, change your thoughts about these feelings, reframing them as a challenge and making them more neutral or positive.

Example: I am angry. This is so hard to deal with and such a challenge. This is the first time that I feel I am on my own. But, I know that I can count on _____ and _____ to help me through this. I also have gotten this far. I've learned that I am good at _____ and _____.

4) What are you feeling right now?
.....

5) Keep practicing. Like learning how to ski, cook, act or drive a stick shift, using your Feelings Watch is a skill that takes practice. Try to catch yourself in challenging thoughts or feelings and then try to reset your Feelings Watch. Trust me, if a kid like me was able to learn how to tell time, you can learn how to use your Feelings Watch.

Keeping it Simple. The Three Feeling W's:

- What am I feeling?
- What do I want to feel?
- What do I need to do to feel that way?

Let's try it out. Go ahead and ask yourself the three w's and then write your answers below.

What am I feeling?
.....

What do I want to feel?
.....

What do I need to do to feel that way?
.....

Ok, now check your Feelings Watch and write down how you are feeling.



Your Flashlight and Your Motivation

You can click on the Flashlight whenever you want. You may want to click on the Flashlight now to learn about motivation and confidence. The purpose of your Flashlight is to help you see in the dark, when you feel slightly stuck, or a little overwhelmed, or like you just can't go on. The Flashlight can help you discover the natural strengths you have, but you may not have used. Using the Flashlight, can increase your motivation to experience positive feelings and gain from your loss.

Motivation

What people in your life provide you with inspiration and motivation?

.....
.....

List 3 ways you can imitate these people and motivate yourself:

- 1)
- 2)
- 3)

What would it be like if you completed this journey?

.....
.....

How would it feel?

.....
.....

What would you be thinking?

.....
.....

Who would you tell?

What does completing this journey mean to you?
.....
.....

You can also increase your motivating by watching your language, changing “have to’s” to “want to’s” and “problems” to “challenges.” Think of 2 things that you “Have to” do and write the statement replacing “Have to” with “Want to.”
.....
.....

Think of 2 “problems” you have and replace the word “problem” with “challenge.” Write this new language below.
.....
.....
.....
.....
.....

Affirmations

Affirmations are positive statements about ourselves. Write below some positive statements about yourself. I will help start you off. Keep in mind that you need to say them to yourself like you believe them, in order for them to be effective.

- 1) I am confident.
- 2) I am learning to gain from loss.
- 3) I can help others.
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)

Dreams

To create a dream, let your imagination go wild, because dreams do not have to be realistic to motivate you.

My dreams are:

.....

Visions

To create a vision, use your imagination, but be clear on where you want to go. Be sure to put some passion and emotion into your vision.

My vision is:

.....

Walking SMART-ly

S-specific

M-me focused

A-action oriented

R-realistic and under my control

T-time oriented

Write down the steps that will help you walk SMART-ly toward your vision and dreams:

S

M

A

R

T

Now it's time to write on your feelings watch how you are feeling. Then please continue with me on our journey together.



Meet Team Hold The Door

Let's take some time to meet the Hold The Door Team members who will be on our journey with us.

Dr. Micah McCreary is a man of many healing relationships. He is a psychologist and the Associate Professor of Psychology and Assistant Vice-Provost for Multicultural Affairs at Virginia Commonwealth University. Dr. McCreary has experienced a range of losses in his life including sudden loss. He has a passion for teaching others and helping them excel well beyond what they thought they could do.

Matt Bitsko is a doctoral student in Counseling Psychology at VCU in Richmond, VA. When he was 18 years old, he experienced the sudden loss of his cousin, Greg. Since then Matt has grown from the experience and has been able to help others live with loss.

Mrs. Janet Fazio is the mother of three children. She lost her husband Ronald C. Fazio, Sr. on September 11th. Mrs. Fazio often volunteers in local schools working with a wide population of children. Mrs. Fazio continues to work hard and help others live with loss.

Water Break

The water break is your time. It is your time to relax and take a break. You can visit the water break as many times as you like .

Optimism Resource Cabin

Optimism is your ability to develop and maintain a positive attitude and hope even during challenging times.

Key Message: You control how positive you are in any given situation. The more often you have a positive outlook, the more often you will have positive feelings.

Portable Skill: Finding the Positive and Refocusing

Time to Exercise: Find the Positive

What positive experience, relationship, event or thing has come from

your loss?

.....

How have you grown since your experienced your loss?

.....

.....

What new strengths do you have as a result of your loss?

.....

What new friendships have you developed?

.....

.....

What do you do to refocus and create a positive and hopeful attitude?

.....

.....

What do you feel right now? Please write how you are feeling on your Feelings Watch. Then let's continue, together.



True Meaning Resource Cabin

True Meaning is your ability to make meaning of your losses and find purpose for your future.

Key Message: Finding meaning related to the loss of a loved on can provide you with peace of mind. By creating purpose in your life, you will be more motivated on a daily basis.

Portable Skill: Self-Questioning

You can develop meaning and purpose by asking yourself smart questions.

Time to Exercise: Self-Questioning

Develop your meaning of the loved one you lost. Below please write about the meaning you have found. There are no right or wrong answers when it comes to your meaning.

List the meanings you have found as a result of your loss:

- a)
- b)
- c)
- d)

Next, write a brief story of meaning. Of course you can use additional paper if your story needs more room.

After checking your Feelings Watch, please continue with me on our journey.



Humor Resource Cabin

Humor is your ability to laugh and use humor to lighten the load of loss and adversity.

You now have permission to LAUGH. Please, please let yourself know it is OK to laugh; and even better, it is good for your health.

Key Message: For years researchers have reported that laughing is

good for your psychological and physical health. Laughing breaks down barriers and facilitates connections among people.

Portable Skill: Find the Humor

Time to Exercise:

Look back to a time that was very stressful for you, and yet you were able to laugh. What did you find funny?

.....
.....

Who are the people in your life that make you laugh the most?

.....
.....

When was the last time you had a good belly laugh?

.....
.....

What were you laughing about?

.....
.....

How many more questions do you think I am going to ask about humor?

Please check your Feelings Watch; then let's continue our journey—or just have a Reese's break!



Emotional Intelligence Resource Cabin

Emotional intelligence is your ability to:

- Be aware of your emotions
- Connect with people
- Read emotions in others
- Communicate your emotions to others

Key Message: The more aware you are of how you feel and how others feel, the better you will be able to respond in healthy ways. Your feelings are the most powerful part of you. Get to know them and how they affect you, because they can be a tremendous resource.

Portable Skill: Emotion Coaching – Becoming aware of your emotions, understanding them and then channeling them into positive actions.

Time to Exercise: It is important to DEAL with your emotions.

DEAL

This particular exercise is meant to challenge you to become aware of your feelings, to face them, and then to gain some relief from your grief. Keep in mind that one of my missions is to help you help yourself to have more good hours and days than bad so you can continue to grow. I know it might be tough, but I also know that you can work toward gain as we travel, together. Time to face your feelings, and DEAL with the feel.

D – Describe

Describe the feeling that you are having. Really challenge yourself to identify what you are feeling and experience it. Is it anger? Is it guilt? Is it sadness? Is it hopelessness? Don't be afraid of the feeling. Welcome it. Once you do this, be sure to take a DEEP BREATH and spend a couple minutes to relaxing yourself. Honor your feelings. They are yours, and you are having them for a reason.

E – Evaluate

Evaluate what caused you to feel this way. Once you have described what you are feeling, you then need to gain an awareness of why you feel this way. By evaluating the cause of your feelings, you will become more self-aware, and be more able to manage your emotions and coach yourself. So with that in mind, make a habit of asking yourself, "Why am I feeling this way?"

A – Ask

You can also ask yourself, “What is the healthiest way to deal with this feeling?” Our minds work like computers. When we have good input, we get good output. So by asking for healthy ways to deal with your feelings, you will get healthy suggestions.

L – Learn

Learn to communicate about your feelings. Learn about your reactions to your feelings. Just as long as you are learning, you are growing. Challenge yourself to reframe your experience of loss and allow your feelings to be your teacher.

As your feelings change over time, revisit this exercise and help yourself to move through your most difficult emotions.

Your turn to DEAL:

The most effective way to apply this is to practice DEALing in the moment. Try to think of a recent time that your emotions may have gotten the best of you. Apply the deal model as if you were experiencing that feeling right now.

D – Describe

Right now I am feeling _____ and _____.

E – Evaluate

When I think about it, after taking a deep breath, I am feeling _____ and _____ because _____
_____.

A – Ask

The healthiest way for me to deal with these feelings is:
_____.

L – Learn

I learned: _____

Does checking your Feelings Watch seem more natural to you, now? If so, great! In any case, check your Watch, and then we'll continue along our journey.



Resilience Resource Cabin

Resilience is your ability to adapt, bounce back, and respond with strength to adversity, loss, and challenge.

Key Message: You have the ability to bounce back, just like a basketball. The journey through life in general has a lot of hills and valleys and twists and turns, but you don't have to get stuck or be lost.

Resilience is a resource that can be learned and is essential in every aspect of your life. The more resilient you are, the more likely you are to not only live with loss, but also grow from the experience.

Portable Skill: Self-Coaching – Your way of communicating with yourself and teaching yourself to bounce back.

Time to Exercise: Learn your ABC's

Events alone do not predict your feelings and reactions. The way you view events also determines how you feel and act, hence your ABCs:

A-Activating event

B-Belief about the event

C-Consequence or feeling resulting from your beliefs

A does not cause C. In other words, the event does not cause how you feel. B, or your belief about the event, causes how you feel and act. Quite simply, the more resilient you are, and the stronger your positive beliefs are, the better you will feel.

Example:

A- The sound equipment fails.

B- I say to myself "I can't believe this is happening. We don't have time for another setback."

C- I feel frustrated and I lose confidence in our team completing the project.

Example with Self-Coaching:

A- The sound equipment fails

B- I say to myself "Ok, this can make a good example for the self-coaching skill. Where can we find audio equipment right now?"

C- I feel confident and plan a way to find audio equipment.

Your turn to exercise:

Think back to a time when you reacted negatively to an event and explore how it affected your feelings. Then, fill in your ABC's below.

Negative reaction

A

B

C

Now practice changing your "B" or belief about the event and practice how to respond with resilience. Below walk through the ABC model changing the "B" or your Belief to something positive and helpful.

A

B

C

How you are feeling right now? Please write your answer on your Feelings Watch,



Spirituality Resource Cabin

This is the most personal of all the resources. It is your job to define what spirituality means to you. I believe there are no right or wrong answers here.

My personal definition of spirituality is: My connectedness to people and the world around me. It is my inner spirit and passion for relationships with others.

Key Message: Spirituality is what gives you the strength to live with loss and move forward. Everyone has his or her own sense of spirituality.

Listen to the team.

Time to Exercise:

Below please describe what spirituality means to you:

.....

.....

.....

Check your Feelings Watch; then choose where you would like to go next on your journey.



Self-Confidence Resource Cabin

"If You Think You Can Or You Think You Can't, You're Right!"
Henry Ford

Self-confidence is your belief in yourself and your personal resources.

Key Message: Self-confidence is the key that unlocks most doors. If you believe in yourself and your abilities, you increase your chances of succeeding, tremendously.

Portable Skill: Canning the T.

Time to Exercise: Watch your language

Pay attention to how you talk to yourself. Try to change statements such as “I can’t do this” to “I haven’t been able to do this, yet, but I will try this new approach.” When we use the word can’t, it can become final, and that is too often the end of our dreams and visions. If you convince yourself that you can’t do something, well then you are right. Take some time to record some of the can’t statements you have had and change them to a more positive statement.

Example: Can’t statement: “I can’t attend traditional social events; it is just too painful.”

Can statement: “It is hard for me to attend social gatherings since my loss. I haven’t yet been able to attend a wedding or anniversary party, but I can try and see if I can attend a few smaller gatherings. I’ll work my way up to those weddings and anniversaries, one day.”

Now you CAN the “T”:

1) Can’t statement:

Can statement:

2) Can’t statement:

Can statement:

3) Can’t statement:

Can statement:

Getting comfortable with your new Watch? I'll wait for you while you check it; then let me know where you would like to go, next.



OTHERS(S) Resource Cabin

“It’s All About Relationships” Dr. Al Petitpas

OTHERS(S) ties all of your personal resources together. This resource is the most important by far. It is your ability to build relationships and heal through helping others.

Key Message: The world revolves around relationships. The more positive relationships you create, the more happiness for yourself you will create.

Portable Skill: Connecting with others and developing our Dream Team.

Time to Exercise: Building a Well-Rounded Dream Team

Thank you to Dr. Al Petitpas for creating this exercise to help us prepare for our journey. Simply put, the broader and more diverse your support system, the greater the chances that you will have the resources necessary to grow with life’s challenges. These types of support are:

Informational – People who provide you with information and strategies to help you manage life events (for example, your friends at “Hold the Door for Others”).

Practical – People who provide transportation, childcare, and other day-to-day help.

Emotional – People who listen to you empathetically and try to understand your experiences from your perspective.

Challenging – People who push you to go on and to be the best that you can be.

Think of the people who make up your current support system. What types of support do they provide? Are they available to you when you need them? Do they all know each other or do you receive support from a diverse group of people? Now that you have considered your support people, you may find it helpful to respond to the following questions. Are there support people in each of the four categories of support listed above?

Now list each person and next to their name indicate the type of support that they provide. Any one person can have several types of support that they provide (Informational, Practical, Emotional, Challenging).

Example: Dan, friend from home: Practical, Emotional

1.
2.
3.
4.
5.
6.

Examine your list. Are there any areas of support that are lacking or underrepresented? If so, are there any people from your past (for example, a college roommate, teacher, or minister) who had or could have filled these roles? Can you contact these people and renew your relationships with them? Are there other people in your life that might be able to fulfill some of the support roles? If so, list the names of any of these people below.

.....
.....
.....

Write down on the big feelings watch how you feel right now. This will bring you to your 12 hours of feelings. Now that you have traveled through this journey please take a minute to go back and find out how you felt each time you used your feelings watch. Now transfer all of your feelings onto this big feelings watch below. Next to each feeling use the first letter of the Resource Cabin you were in when you felt that way. This will give you a snap shot of how you felt throughout the journey.



What can you learn by looking at all these feelings?
.....
When did you feel your best? Why?

.....
Which Resource Cabin was the most challenging?

.....
Which feelings were the most challenging?

.....
Did the most challenging feelings occur in the most challenging Resource Cabin?

.....
Once you have visited all of the Resource Cabins and completed your Big Feelings Watch, you might want to re-make your Map. Why is that? Well, because: you may be much more aware of your feelings, you may have healthier ways of talking to yourself, and you may have already developed new strengths. If so, your old map may already be obsolete!

Revisit your Map Maker, and respond to the questions a second time. Rescore each resource category and compare your scores from the first Map Maker to the second. Where did you grow? Remember, you can travel through the journey as many times as you want and each time you will learn something more and become better at Your Portable Skills. And each time I will be right there with you, as you go.

Growing and Enhancing Your Resources —————

There are many ways to grow and enhance the personal and social resources you already have. Here are some suggestions of websites and books that will help guide you to continue your journey.

- Hold The Door For Others, Inc. - www.HOLDTHEDOOR.com
- Voices of September 11th
<http://www.voicesofsept11.org>
www.grieflossrecovery.com
www.webhealing.com
www.grief-recovery.com
- Optimism website:
<http://front.csulb.edu/tstevens/h86optim.htm>
- True Meaning website:
www.mywhatever.com/cifwriter/library/mortals/mor03000.html
- Humor web sites:
http://www.aath.org/art_sultanoff02.html

Our Journey Continues

Congratulations! This is the part of the journey where you allow yourself to be proud. You have learned that you can gain from loss, even though it is not an easy journey. Please take the time to share this Journey with others. Reach out and help others gain from loss and develop their personal resources. How would you feel, for instance, about getting out there and teaching someone else how to use their Feelings Watch? We'll keep Holding the Door for you, and we hope that you will Hold The Door For Others!