

PERSONAL GROWTH

**HOLD THE DOOR
FOR OTHERS™**

GUIDE

*Your Growth Through
Loss & Adversity Roadmap*

Hold The Door For Others™, Inc.
www.HoldTheDoor.com

Edited by Jason Briggs, M.A., Breanna Winder, M.A. and Lauren Fazio



Acknowledgements

The only reason Hold The Door For Others is able to help people help themselves is due to the people who take time out of their lives to add value. As an all volunteer organization, we are grateful to those that understand how important it is to always be thinking of others and finding a way to help people grow through loss and adversity. We would like to personally thank **Drs. Tayyab Rashid and Afroze Anjum** for their significant contributions to the Growth Guide. They personally contributed a number of the activities and inspiration for the content to this resource. In addition, we would like to highlight generous contributions made by the following:

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Many of the activities and suggestions provided in this resource came from talented members of the Hold The Door For Others team.

This resource is intended to be used for your personal educational purposes. It is in no way meant to replace professional help. In the event that you may become overwhelmed as a result of utilizing this resource, we encourage you to seek professional assistance.

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Welcome to our family. Thank you for taking the time to read this and having an open mind. There are many people and resources out there that focus on the “coping” with the consequences of loss and adversity. Our philosophy at Hold The Door For Others is to not only empower you to live with loss and adversity, but also empower you to grow through the experience and prepare for future adversity.

If you are reading this right now, there is a good chance that you or someone you know has experienced some type of loss or adversity. Over the past 4 years, our team has learned valuable lessons through our research and experiences. We know that loss and adversity are extreme challenges. We also know that there are choices that you can make that will actually allow you to grow as a result of your experience.

You will find that we are very focused on the OTHERS(S) model that was developed based on the research from my dissertation. I have built on the definitions, key skills, and key messages that were developed for our interactive CD-ROM, *Gaining From Loss*, in order to deliver a more useful resource.

Our resources have reached people around the globe and helped people help themselves ranging from large scale catastrophes such as the Tsunami and September 11th, to helping a family manage the sudden loss of a child, to helping a person deal with cancer. My point here is that what you can learn from this Growth Guide you can apply to all aspects of your life. We are not about *moving on*, we are about *moving in*. By this I mean we encourage people to honor the loved ones they have lost or honor the adversity they face, understand it, and grow.

I know loss and adversity can be very personal. I want to thank you for letting us invite you to learn more about yourself and how you can grow. Please read through our suggestions at your own pace and in your own way.

I hope that you will join me and others who have grown through loss and adversity. The loss of my dad on September 11th, was one of the most difficult experiences of my life. It wasn't supposed to happen to a “normal” family and it certainly wasn't supposed to happen to me, especially on a beautiful day. But, it did and I have no control over that day, but I do have control over today and every day moving forward. Our family is lucky in that my dad decided to take action and literally *Hold The Door For Others* in the last moments of his life so they could return to their loved ones.

Today, I decide to find a way to grow and help others help themselves. How about you?

I look forward to reading your stories of growth one day soon, and I hope you will be able to join us one day for our annual Hold The Door Day. Dad 1-4-3

Warm Regards,

Rob

Robert J. Fazio, Ph.D.
President and Co-Founder
Hold The Door For Others™, Inc.
www.holdthEDOOR.com

"Surviving Loss Happens. Thriving Despite Loss is Your Choice. Make the Choice to Thrive!"

"The Only Distance Between Your Dreams and Your Reality is You!"

We are excited to present this resource to you. We really believe that people can learn how to live happier, healthier lives despite their losses and adversity. We have done our best and worked our best to deliver you a comprehensive resource. Ultimately, it will be up to you to make strides toward your personal development. We are confident that if you continue to read with an open mind and a desire to grow, you will reap the benefits. We invite you to make this Growth Guide your roadmap through loss and adversity. We use the term roadmap because everyone has his or her own direction of travel in response to loss and adversity. This Growth Guide can help you navigate through your journey into loss and adversity, and may be able to provide you with the needed direction to actually thrive from the experience. Throughout any journey, there can be challenging obstacles along the way, but by being equipped with a guide (roadmap), we can increase our strength and ability to make our journey one that is characterized by significant personal growth, instead of simply survival alone.

You may ask yourself how our Growth Guide may be able to serve as a means to personal growth in the face of loss and adversity. Hold The Door For Others, and social scientists in the field of psychology feel that by increasing our awareness and ability to practice the OTHERS(S) resources outlined in our growth model (the OTHERS(S) model pictured below), we can respond to our hardships in a positive, resilient manner. As part of this process, we can learn more about ourselves and others, and use our connections with others to help ourselves and those we have connections with thrive no matter how devastating our experience may have been. If you would like to learn more about the OTHERS(S) model, please refer to the article “*Growth through loss: Practical considerations for facilitating growth in the face of trauma, loss and crisis*”, published in volume 10 of the *Journal of Trauma and Loss* and authored by Dr. Robert J. Fazio and Lauren M. Fazio (2005).

This Growth Guide aims to assist you in personally developing your abilities in practicing the OTHERS(S) resources by providing you with a variety of informational sources and developmental activities. It is important to note that this guide helps you develop both the foundational and core resources within the OTHERS(S) model. The foundational resources are Self-Connect (self-understanding), Self-Care, and Self-Challenge. These resources help us achieve greater self-awareness, increased emotional and physical well-being, and empower us to fuel our efforts to push through our hardships and continue on our journey of growth. The core resources are Optimism/Hope, True-Meaning, Humor, Emotional Intelligence, Resilience, Spirituality, Self-Confidence, and OTHERS(S). These resources concentrate more on our relationships with others, and how we interact and respond to loss and adversity. In essence, these resources are more on the surface, and are especially visible in our everyday interactions with others.

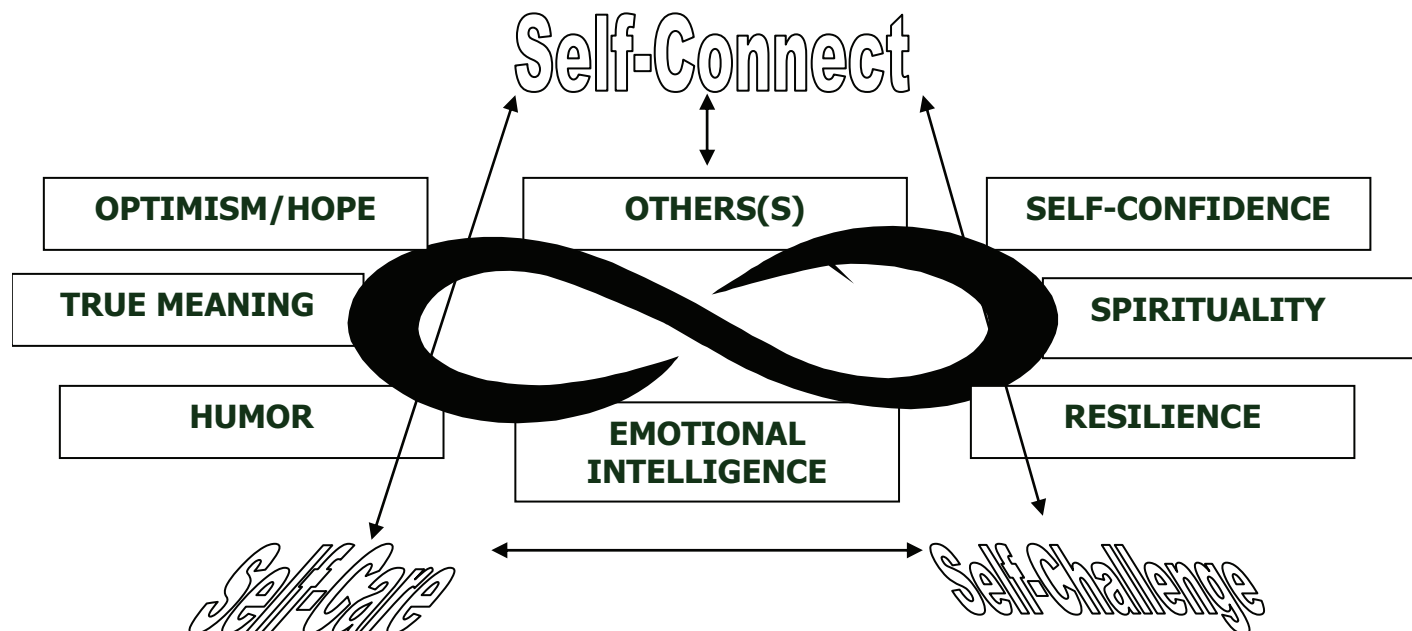
You will notice that the Growth Guide is broken down into several different sections. Each section houses developmental materials for its corresponding resource. For each resource (both foundational and core), we provide a definition of the resource, a key message, key skill, books/reading materials, multi-media sources, relevant movies/music, personal growth activities, group growth activities, family/children growth activities, and workshops/helpful events to attend. All of these components are included to help you build your skill-level within that resource, and encourage you to practice that skill within your everyday activities. Some core components of the Growth Guide are its personal, group, and family/children growth activities. These activities are behavioral/life-style suggestions that can help make growth within any OTHERS(S) resource a personal reality. Please note that this guide is meant to be used as a continuous resource, and isn't

intended to be read through all at once like a book from cover to cover. Rather, it will be most beneficial for you to think of this guide as a menu of resources from which you can choose whenever you are ready to do so.

Before you embark on utilizing this Growth Guide, we encourage you to take a moment to raise your self awareness in respect to how you already practice the foundational and core resources within our growth model (the OTHERS(S) model). We feel that this is a very important step, because how do we grow from where we are if we aren't quite sure where that is? The OTHERS(S) Resources Competency Indicator (ORCI) is a self-awareness tool that will help shed some light on your strengths and areas of development as they relate to your skill-level within the OTHERS(S) resources. Please take time to read the directions on the answer sheet carefully. When you are finished, you can use the included score sheet to find out your scores for each foundational and core resource (on a 0-100% scale). A key is provided to interpret your percentage score. We hope that this measure will increase your self-awareness so you may be better equipped to start off your journey of growth in the right direction.

The Hold The Door team would like to commend you for taking this important step into personal development. We genuinely hope that this Growth Guide will serve as a guiding light and useful map for you throughout your *growth through loss and adversity* journey.

The OTHERS(S) Model





OTHERS(S) Resources Competency Indicator (ORCI)

Robert J. Fazio, Ph.D. and Jason M. Briggs, M.A.

www.holdthedoor.com

Directions: The ORCI is a tool that will assist you in heightening your self-awareness, so you can realize which OTHERS(S) resources are areas of strength and areas of future development. Please read the statements below, and think about how closely these descriptions relate to your thoughts and behaviors. It's important to answer these questions based on how you have reacted in the past or present, not how you would like to act in the future. For each statement, rate your self on a 0-6 scale where a score of 6 suggests that the statement is entirely like you, and 0 suggests the statement is not at all like you. A score of 3 would indicate that the statement is somewhat like you. Please record your answers under "time 1" if you are answering these questions for the first time, or "time 2" if this is your second trial.

Item #	(0-Not at all like me)-----1-----2-----3-somewhat like me)-----4-----5-----6-Entirely like me)	Time 1	Time 2
1	I look forward to new events		
2	I can find meaning in challenging events in my life		
3	I am able to laugh in the face of a challenging situation		
4	Most times, I feel I can only rely on my self to get me through troubling times in my life		
5	My faith shows me ways to handle most difficulties		
6	If I need to learn a new skill, I have confidence in knowing how to achieve it		
7	I am a strong person		
8	I share strong connections with the people I know		
9	I maintain open communication with those that are close to me even in the worst of times		
10	Many times, I worry about what lies ahead for me in the future		
11	I know that remaining positive is a personal choice		
12	I am motivated by my sense of purpose in life		
13	I am aware of my feelings as they occur in the moment		
14	I typically use humor to deal with difficult situations		
15	After experiencing loss, it's hard for me to realize how that loss has impacted my life		
16	In my efforts to maintain a healthy lifestyle, I always try to include others in my activities		
17	I am aware of my inner strengths that will help me through challenging times		
18	I draw off of my previous experiences when dealing with turbulent times		
19	When I am upset or stressed, it can be hard for me to maintain a healthy lifestyle		
20	People view me as someone who values a connectedness with the world around me		
21	I think of others on a consistent basis		
22	I often respond to my hardships in a serious manner		
23	I take care of my body by practicing a healthy lifestyle		
24	I control what I can, and leave the rest to my faith		
25	I depend on myself and others during tough times		
26	I always have a sense of hope		
27	Everyday, I wake up with a sense of purpose		
28	I can easily read emotions in others		
29	I respond to my personal hardships by taking active steps toward personal growth		
30	I believe in my abilities to be successful		
31	I offer support to others on a regular basis		
32	I feel equipped with various resources to help me through challenging times		
33	When I'm markedly emotional, I usually respond to others based on my feelings in the moment		
34	When faced with a significant loss, I think about how I can grow from the experience		
35	I can usually accomplish my personal goals		

36	When I am faced with a challenge, my fear of failure can easily disable me		
37	I have compassion for others		
38	I possess the personal resources needed to deal with crisis		
39	I find that my personal challenges often stunt my ability to achieve my dreams		
40	I know who I can turn to when I am in need		
41	On a regular basis, I take a "time out" from the daily grind to practice a favorite relaxation technique		
42	I feel a connection to others		
43	In times of crisis, people gain confidence from being around me		
44	I am able to bounce back from adversity		
45	When challenged by adversity, I typically maintain a positive attitude		
46	I am a passionate person		
47	It's easy for me to express my intimate feelings		
48	It is hard for me to respond to change in my life		
49	I believe in healing through helping others		
50	I am aware of my personal spirituality		
51	I keep setbacks in perspective		
52	When faced with adversity, I am aware of what I need to be able to thrive		
53	I laugh everyday		
54	During the grieving process, I plan ahead for situations that could set me back		
55	People say I have a good sense of humor		
56	I'm able to connect on a deep level with others		
57	It can be very hard for me to tend to others' needs when I'm faced with adversity		
58	I know how to seek support		
59	Often, I make others laugh		
60	I frequently withdraw from others when my spirits are down		
61	When I plan to accomplish something, I set realistic, positive, and measurable goals		
62	When I think about my life, I see a reason for being here		
63	I'm fully aware of what draws me to those I have relationships with		
64	I know I can deal with whatever life presents		
65	During difficult times, I am usually attentive to my emotional needs		
66	I communicate to others during times of distress		

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OTHERS(S) Resources Competency Indicator (ORCI)

– Score Sheet –

Directions:

For each box (resource), place your value next to the item number shown. Add up all of your values for each item (you should have a total of 6 values for each resource box) and record your total. Pay close attention to item numbers with a () because those items are negative score items and the value you have for that item needs to be subtracted from the total. Once you have your total score, divide that number by 30 and multiply by 100 to get your percentage score. The following will help you interpret your percentage score:

Absolute Strength (90-100%) – Relative Strength (70-89%) – Area of Further Growth (≤69%)

Self-Connect	
Item	Your Score (0-6)
8	
22	
32	
40	
52	
(60)	<i>Subtract this value</i>
Total Score:	
Percent=Total÷30X100:	

Self-Care	
Item	Your Score (0-6)
9	
16	
(19)	<i>Subtract this value</i>
23	
41	
65	
Total Score:	
Percent=Total÷30X100:	

Self-Challenge	
Item	Your Score (0-6)
17	
29	
34	
(39)	<i>Subtract this value</i>
54	
61	
Total Score:	
Percent=Total÷30X100:	

Optimism and Hope	
Item	Your Score (0-6)
1	
(10)	<i>Subtract this value</i>
11	
26	
35	
45	
Total Score:	
Percent=Total÷30X100:	

True Meaning	
Item	Your Score (0-6)
2	
12	
(15)	<i>Subtract this value</i>
27	
46	
62	
Total Score:	
Percent=Total÷30X100:	

Humor	
Item	Your Score (0-6)
3	
14	
(22)	<i>Subtract this value</i>
53	
55	
59	
Total Score:	
Percent=Total÷30X100:	

Absolute Strength (90-100%) – Relative Strength (70-89%) – Area of Further Growth ($\leq 69\%$)

Emotional Intelligence	
Item	Your Score (0-6)
13	
28	
(33)	<i>Subtract this value</i>
37	
47	
56	
Total Score:	
Percent=Total \div 30X100:	

Resilience	
Item	Your Score (0-6)
7	
18	
25	
44	
(48)	<i>Subtract this value</i>
51	
Total Score:	
Percent=Total \div 30X100:	

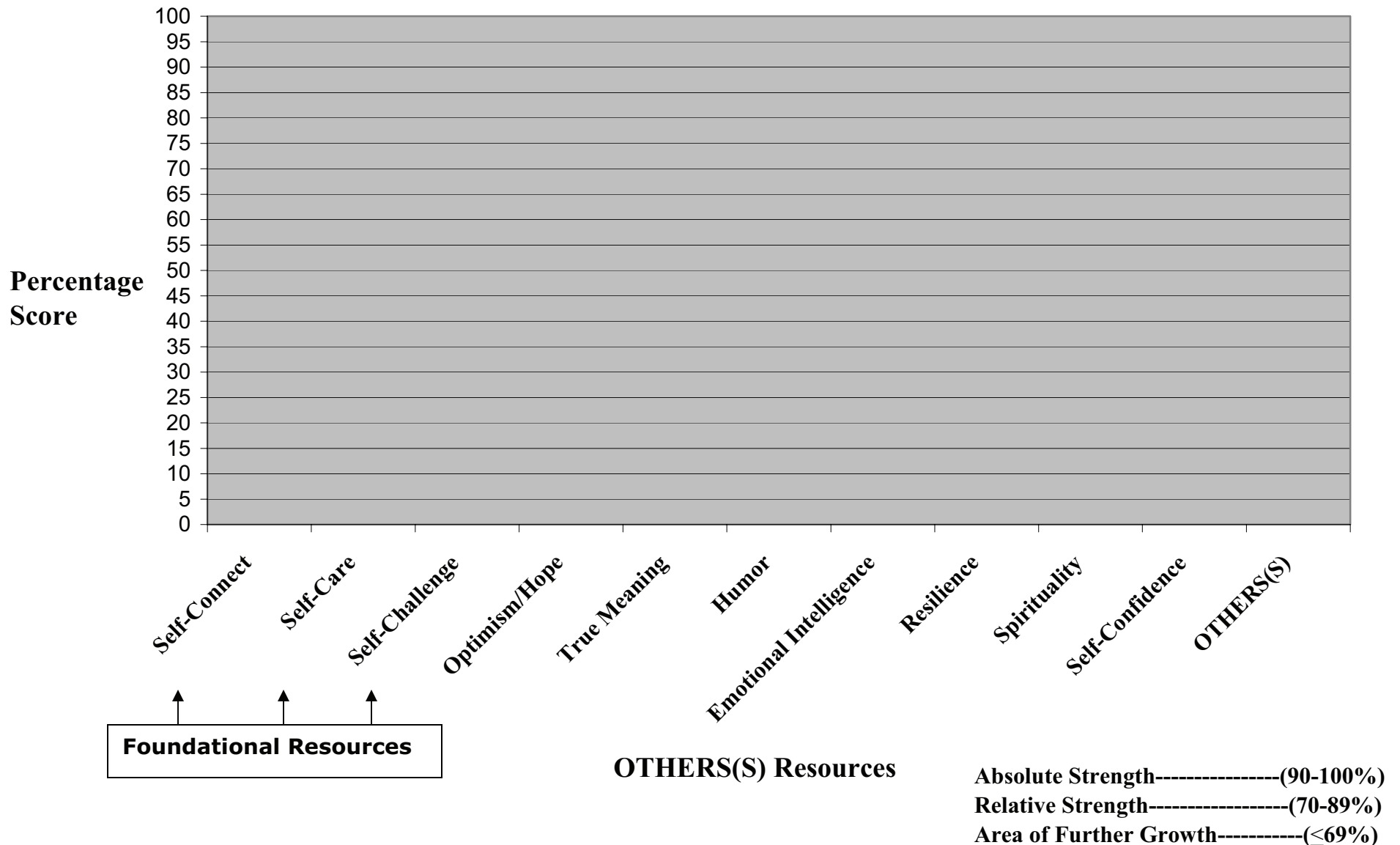
Spirituality	
Item	Your Score (0-6)
(4)	<i>Subtract this value</i>
5	
20	
24	
42	
50	
Total Score:	
Percent=Total \div 30X100:	

Self-Confidence	
Item	Your Score (0-6)
6	
30	
(36)	<i>Subtract this value</i>
38	
43	
64	
Total Score:	
Percent=Total \div 30X100:	

OTHERS(S)	
Item	Your Score (0-6)
21	
31	
49	
(57)	<i>Subtract this value</i>
58	
66	
Total Score:	
Percent=Total \div 30X100:	

Below, chart your scores for each resource based on your results above. Place an X on the graph next to the number that represents your percentage score for each resource. You can use an O or any other letter/symbol to mark your progress during additional trials.

OTHERS(S) Resources Competency Levels





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OTHERS(S) FOUNDATIONAL RESOURCE

Self-Connect

(Self-Understanding)

<i>Definition:</i>	Self-Connect is a foundational resource that is about raising your self-awareness so you can understand yourself and understand the people around you. The process of self-connecting facilitates trust between you and others, and encourages you to bond with people on a deeper level. This in turn enables you to develop your resources to grow through loss and adversity.
<i>Key Message:</i>	Build your self-understanding and understanding of others.
<i>Key Skill:</i>	Journal Writing: By becoming more aware of your personal thoughts, feelings, and behaviors, you can gain a clearer understanding of yourself and those around you. This facilitates resourcefulness and personal growth.

“Sometimes a breakdown can be the beginning of a kind of breakthrough, a way of living in advance through a trauma that prepares you for a future of radical transformation”

Personal Growth Activities

1. Keep a daily journal of your thoughts and feelings:

In particular, think about how your loss or hardship has affected you in the way you interact with others, and how your personal perspectives and emotions may have changed. Spot-light these occurrences in your journal entries, and reflect about how they make both you and those you interact with feel. Think about how these new thought patterns may be disabling or enabling for both you and your personal relationships. You can practice this activity here: _____

Books and Reading Materials

- ***New Day Journal: A Journey from Grief to Healing.*** Maureen O'Brien. May 2003 (ACTA Publications).
- ***Sorrow's Song: A Grief Recovery Journal.*** Sheri L. Cox. March 2005 (iUniverse, Inc.).
- ***The Courage to Trust: A Guide to Building Deep and Lasting Relationships.*** Sue Patton Thoele, Cynthia L. Wall. January, 2005 (New Harbinger Publications).
- ***The Friendship Factor: How to Get Closer to the People You Care For.*** Alan L. McGinnis. January 2004 (Augsburg Fortress).
- ***The Healing Journey Through Grief: Your Journal for Reflection and Recovery.*** Phil Rich. January 1999 (Wiley, John & Sons, Inc.).
- ***Healing Conversations: What to Say When You Don't Know What to Say.*** Nance Guilmartin. April 2002 (Wiley, John & Sons, Inc.).
- ***Infinite Thread: Healing Relationships Beyond Loss.*** Alexandra Kennedy, John O'Donohue. May 2001 (Beyond Words Publishing).
- ***Inner Work: Using Dreams and Creative Imagination for Personal Growth and Integration.*** Robert A. Johnson. May 1989 (Harper Collins Publishers).
- ***Three Keys to Self-Understanding: An Innovative and Effective Combination of the Myers-Briggs Type Indicator Assessment Tool, the Enneagram, and Inner-Child Healing.*** Pat Wyman. July 2002 (Center for Applications of Psychological Type).
- ***Transcending Loss: Understanding the Lifelong Impact of Grief and How to Make it Meaningful.*** Ashley Davis Prend. August 1997 (Penguin Group).
- ***Understanding Yourself and Others: An Introduction to Interaction Styles.*** Linda V. Berens. July 2001 (Telos Publications).
- ***With Pen in Hand: The Healing Power of Writing.*** Henriette Anne Klauser. January 2003 (Basic Books).
- ***Writing and Being: Taking Back Our Lives Through the Power of Being.*** Lynn G. Nelson. October 2004 (Inner Ocean Publishing, Inc.).
- ***Writing to Heal the Soul: Transforming Grief and Loss Through Writing.*** Susan Zimmermann. February 2002 (Crown Publishing Group).

2. Brainstorm ways to stay connected with your loved one:

When confronting loss, reflect upon the relationship you had with your friend or loved one. How did the relationship begin, and how did it evolve over time? What in particular was most difficult to let go of? We may easily see this in the role that person played for us. After thinking in depth about the dynamics of the relationship you had with the person you lost, brainstorm some ways in which you can stay connected with your lost loved one. For example, you could have an anniversary celebration or memorial, or start a charitable fund, which directly relates to that person's interests.

3. Renew meaningful connections you had before your loss:

After experiencing loss of a friend or loved one, think about ways you can develop the connections you lost with those that you know, as well as those you haven't met yet. Specifically think about the components of your relationship with your lost loved one and how they were meaningful to you. In a journal, write down several ways in which you can renew those meaningful connections you had before your loss, with people you know after the loss. By renewing or strengthening those meaningful connections you had with someone new, you not only celebrate the memory of your lost companion, but you can also make many fulfilling, meaningful relationships along the way.

4. In a journal, write the characteristics of your connections with others that have meaning to you:

Think about the ways in which you find common connections with the people you know. What draws you to those people? What serves as the glue that binds your relationship? In a journal, write down the characteristics of your connections with others that have meaning to you. Knowing what you know about your current connections with others, plan out how you can make new connections with others in the future.

5. Identify how you have built and maintained successful relationships:

Identify your particular strengths and abilities you have used in the past and present to build and maintain your connections with others. What has been most successful for you? Think about and record how you will be able to leverage those previous successes for future relationship building.

6. Develop a personal action plan:

Develop a personal action plan that will enable you to connect with key resources, which will aid you in some way with your loss. These resources could be friends, therapists, psychologists, support groups, written materials, etc. In particular, research communities in your area and try to build your "resource arsenal" to aid you in your efforts to move through your loss and thrive.

7. Connect with someone you know who has successfully survived loss:

In your efforts to build yourself a strong support network, think about your close friends and family members and how they have responded to loss of any kind. Who stands out as being the most successful at surviving loss and finding ways to learn and grow from adversity? Think about what qualities that person needed to have in attaining his/her goals. If you are comfortable to do so, confide your challenge with that person you have in mind, and try to gain some insight from his/her advice and personal success.

Group Growth Activities**8. Actively research and pursue membership within a group or organization that encourages networking:**

Actively research and pursue membership within a group or organization that encourages networking. This networking may be related to business, community, or other interests. Strive to

become an active member of the group, where you may be able to leverage much connectedness with people in and outside your network.

9. Seek membership within a society or professional affiliation that connects to your line of work:

Seek membership within a society or professional affiliation that connects to your line of work. Actively participate in that group's regular get-togethers and socials. Strive to become a visible member who makes noticeable contributions to the group.

Family/Children Growth Activities

10. Sit down with your family and share about relationships that were strengthened or acquired:

Sit down with your family on a regular basis (a time that's convenient for everyone), and talk about the various ways everyone connects to their friends and loved ones. Have everyone independently share his/her challenges and successes with building and maintaining their relationships. Encourage a supportive environment, where there is encouragement and constructive feedback for those who express difficulty in connecting with others. Try to have everyone in your family share specific examples in regard to how a particular relationship was either strengthened or acquired.

11. Foster an open, communicative relationship with your child's teacher:

Set up a time to speak with your child's teacher to discuss his/her interpersonal interactions with others. Request feedback about typical relational patterns with his/her peer group. When possible, try to observe your child so that you may be able to assess his/her relationship building skills first hand. Especially after experiencing loss, some children may recess and pull back

from their peer group or others in general. Try to ensure an orientation in your child where he/she feels comfortable reaching out to others in times of duress, especially through his/her peer group. Through modeling and positive reinforcement, you may be able to encourage your child to place greater importance on achieving happiness and success through his/her connections with others.

Multi-Media (DVD's, CD's, Websites)

- **www.apa.org** (Website) – *American Psychological Association*, 1-800-374-2721
- **www.giveyourvoice.com** (Website) – This organization aims its efforts to identify and recover lost loved-ones from the World Trade Center, and provide a voice and an ear for all victims' families. *Email: jennie@optonline.net*
- **www.grieflossrecovery.com** (Website)
- **www.hospicefoundation.org/griefAndLoss/helpingChild.asp** (Website) Helps children respond to loss
- **www.katesclub.org** (Website) Helps children deal with the death of a parent or sibling
- **www.livingwithloss.org** (Website)
- **www.mentalhealth.org** (Website) – *National Mental Health Information Center*, SAMHSA, HHS, 1-800-789-2647
- **www.nimh.nih.gov** (Website) – *National Institute of Mental Health*, NIH, HHS, 301-496-9576
- **www.nmha.org** (Website) – *National Mental Health Association*, 1-800-969-6642
- **www.septembersmission.org** (Website) – September's Mission focuses its efforts toward attainment of a proper memorial for those who died on 9/11. This organization also hosts several events throughout the year to bring families and individuals who experienced loss on 9/11 together in hopes that strong connections, support networks, and friendships can be made. *Phone: 888-424-4685; Email: monicai@septembersmission.org*

Workshops/Helpful Events to Attend

Hold The Door For Others' Annual Hold The Door Day:

Anyone who has experienced ANY type of loss is welcome. People connect with one another and learn skills through workshops, which are facilitated by gifted Growth Consultants and Keynote Speakers. For more information about when and where the next Hold The Door Day will be, go to www.holdthedor.com and click the events link.

Comfort Zone Camp:

Comfort Zone Camp is the nation's largest independent bereavement camp, located in the Richmond, Virginia metropolitan area. Currently, camps are offered in Virginia and the New York metropolitan area for grieving children from across the country. Camps are held for children ages 7-12 and a separate camp for teens age 13-17. Comfort Zone Camp attends to a child's/teen's multitude of feelings and emotions (including loneliness) by sharing experiences and milestones with peers who have experienced similar loss. For more information, check out their website at www.comfortzonecamp.org.

Kate's Club:

Kate's Club is an organization that tends to children and teens that have experienced the loss of a parent or sibling. The organization offers several programs and activities that enable grieving children to connect with others in their peer group that have experienced similar loss. All of Kate's Club activities and programs can be viewed at the following web address: <http://www.katesclub.org/Page23.aspx> - Kate's Club is located in Atlanta Georgia, and may be reached by phone at 770-618-4474.

Relevant Movies/Music

- **Awakenings** (Film)
- **On Golden Pond** (Film)
- **“After the Rain Has Fallen”** - Sting, Album: Brand New Day (CD)

Choose one of the activities from this Foundational Resource (Self-Connect) and journal your reflections and results from the activity.

[illegible]



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OTHERS(S) FOUNDATIONAL RESOURCE

Self-Care

<i>Definition:</i>	Self-Care is foundational to building the OTHERS(S) resources. Care emphasizes having empathy for yourself and helping others help you. It is a process that includes practicing self-care and healthy ways to heal and grow through loss and adversity.
<i>Key Message:</i>	Practice self-care.
<i>Key Skill:</i>	Reflection: By taking time to listen to and accommodate your physical and emotional needs, you can better equip yourself to not only maintain ground through difficult times, but also thrive despite challenging obstacles.

“You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present.”

Personal Growth Activities

1. Add activities to your lifestyle that will encourage improved physical health and emotional well-being:

When facing loss of any kind, one can easily un-attend to his/her physical/emotional well-being. Many times, when we respond to loss or adversity, we can become consumed by strong emotions and lose sight of how we can help ourselves pull away from

those limiting feelings we may become burdened with. Think about your current lifestyle after your loss, and ask yourself: Realistically, what activities can I interject in my life-style that will encourage good physical health and emotional well-being? Write down your ideas, and inject them into a daily physical fitness plan. Be sure to make your goals attainable (realistic to you) and time-specific. Research suggests that by partaking in a physical fitness regimen and healthy lifestyle, you not only improve your physical health in many ways, but a byproduct is

Books and Reading Materials

- **35 Ways to Help a Grieving Child.** Amy R. Barrett. January 1999 (Dougy Center).
- **Achieving a Mind-Body-Spirit Connection: A Stress Management Workbook.** Brian Luke Seaward. April 2006 (Jones & Bartlett Publishers, Inc.).
- **The Art of Serenity: The Path to a Joyful Life in the Best and Worst of Times.** T. Byram Karasu. January 2003 (Simon & Schuster Adult Publishing Group).
- **Bereaved Children and Teens: A Support Guide for Parents and Professionals.** Earl A. Grollman. August 1996 (Beacon Press).
- **The Breathing Book: Good Health and Vitality Through Essential Breath Book.** Donna Farhi. November 1996 (Henry Holt & Company, Inc.).
- **Complete Guide to Pilates, Yoga, Meditation & Stress Relief.** March 2003 (Parragon Publishing).
- **Culprit and the Cure: Why Lifestyle is the Culprit Behind America's Poor Health and How Transforming That Lifestyle Can Be the Cure.** Steven Aldana. April 2005 (Maple Mountain Press).
- **Free Your Breath, Free Your Life: How Conscious Breathing Can Relieve Stress, Increase Vitality, and Help You Live More Fully.** Dennis Lewis. May 2004 (Shambhala Publications, Inc.).
- **From Panic to Power: Proven Techniques to Calm Your Anxieties, Conquer Your Fears, and Put You in Control of Your Life.** January 2007 (Harper Collins Publishers).
- **How Do We Tell the Children? A Step-by-Step Guide for Helping Children Two to Teen Cope When Someone Dies.** Dan Schaefer, Christine Lyons. June 2001 (Newmarket Press).
- **I Wish I Could Hold Your Hand: A Child's Guide to Grief and Loss.** Pat Palmer, Dianne O'Quinn Burke. September 1994 (Impact Publishers, Inc.).
- **Live Your Best Life: A Treasury of Wisdom, Wit, Advice, Interviews, and Inspiration from O, The Oprah Magazine. Oprah Winfrey, Editors of O – The Oprah Magazine. September 2005 (Oxmoor House, Inc.).**
- **The Power of Self-Coaching: The Five Essential Steps to Creating the Life You Want.** Joseph J. Luciani. July 2004 (Wiley, John & Sons, Inc.).
- **The Relaxation and Stress Reduction Workbook.** Martha Davis, et al. September 2000 (New Harpinger Publications).
- **Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss.** Robert W. Alley. September 1998 (Abbey Press).
- **Self-Coaching: How to Heal Anxiety and Depression.** Joseph J. Luciani. April 2001 (Wiley, John & Sons, Inc.).
- **Stress Management: A Comprehensive Guide to Wellness.** Edward A. Charlesworth. December 2004 (Random House Publishing Group).
- **When Children Grieve: For Adults to Help Children Deal With Death, Divorce, Pet loss, Moving, and Other Losses.** John W. James, Russel Friedman. June 2002 (HarperCollins).
- **Yoga: Mastering the Basics.** Sandra Anderson, Rolf Sovik. July 2002 (Himalayan Institute Press).

also increased self-esteem, a positive mood, and overall higher level of happiness.

2. Practice a healthy diet:

Pay attention to your diet, especially in times of duress. What we feed our bodies can have a significant impact on the way we feel in general. Just the same with physical exercise, it can be very easy to neglect a healthy eating regimen when we are going through emotionally laden times. In conjunction with your physical fitness plan, think about some ways that you can improve your diet. Consult various healthy lifestyle books/magazines, and come up with a doable eating regimen for your new lifestyle. Chose nutritional foods that you enjoy, not ones you dislike, or know you won't be able to keep in your diet. Embarking on a new eating regimen that is enduring can be a challenge. Look for support from your friends who seem to be successful with their lifestyle. If you still have trouble, you may want to consult with a dietician for some healthful advice.

3. Become more comfortable attending to your own needs and feelings:

After experiencing a loss, try to become very comfortable with attending to your own particular needs and feelings. Try to take a time-out on a regular basis, where you become more in-tune to your physical and emotional status. Think of some ways that you can take time to reflect on your self. Breathing exercises can be very helpful in bringing one to a calm, intuitive state. Yoga is a very popular activity as well. Being in-tune to and engaging in any activity that you personally enjoy or find relaxing can be great medicine for your mind and body.

4. Communicate your thoughts and feelings to your friends and family:

Try to make a concerted effort in communicating your thoughts and feelings to your friends and family members. In particular, try to become comfortable with expressing both hardships and milestones that you hit along your pathway through loss. By

strengthening your communicative bonds with the people that are important in your life, and being forthright with your emotions and feelings, you will gain more support as well as more ground on your journey through loss.

5. Develop a personal health and wellness plan:

Develop a personal health and wellness plan that will outline both fitness activities and a healthy eating regimen. Connect this plan to a specific, measurable fitness goal. Include exercises and activities that you genuinely enjoy, and can see yourself practicing on a regular basis. Also, think of some healthy food substitutions for those times when you want to grab the ice cream container or bag of chips. Post your health and wellness plan somewhere that is highly visible to you. Make your plan a living document, where you add new activities and healthy food items as you acquire them.

6. Practice healthy sleeping habits:

After experiencing a loss, your thoughts and emotions may interfere with your regular sleeping patterns. It is especially important to get sufficient sleep (8 hrs) when your mind and body endures the physical and emotional stresses of responding to loss. The following are some healthy sleeping habits as recommended by William Dement, M.D.

- Sleep only when you are tired: *This will reduce the time you are awake in bed*
- Try not to take naps during the day: *This will ensure you are tired at bed-time*
- Develop your own sleep rituals: *Listen to relaxing music or read for 15 min. before bed*
- Stay away from caffeine, nicotine and alcohol at least 4-6 hrs. before bed: *These items may interfere with your ability to fall asleep or stay asleep*

- Take a hot bath 90 minutes before bedtime: *A hot bath will raise your body temperature, which may leave you feeling sleepy*

7. Participate in breathing exercises as a means to greater relaxation and more restful sleeping patterns:

If you experience problems falling asleep, and the recommended sleeping habits above aren't enough, you may want to try practicing breathing exercises as a preparation for sleep. By becoming more aware of your breathing patterns, you can take attention away from other thoughts and feelings that may be preoccupying you. In general, breathing exercises help increase your ambient body temperature, increase your overall relaxation, and help usher you into the beginning stages of sleep. An example of a breathing exercise you could try would be the following: With your body completely relaxed and eyes shut, start increasing the duration of your intake of air (inhale) and release of air (exhale). While inhaling, count to 4 slowly making sure your intake of air matches your count to 4. Do the same with your exhale. Be sure to concentrate on counting (in your head) for each inhale and exhale. When you become comfortable with inhaling/exhaling for 4 seconds, start increasing your intake/release to 5, 6, 7...seconds. There are many other types of breathing/meditation exercises that may help as well. Research some other methods so that you can build a personal arsenal of relaxation exercises.

Group Growth Activities

8. Partner with a friend(s) in your efforts to increase physical activity:

Think about a friend(s) that you would enjoy partnering with in your efforts to increase physical activity. Plan ritual events on a weekly basis, emphasizing consistency and motivation in one-another. Some examples may be: going to the gym together on a regular basis, jogging together in your neighborhood, or selecting a particular time of the day to take a brisk walk. Any

activity will do, just find something that you and your friends can do together consistently. One of the benefits of taking part in a new regimen with a friend is that when you have a “down-day”, the other person can help motivate and encourage you to stay with the program. In the end, you will feel better about yourself and your friendship as well.

Multi-Media (DVD's, CD's, Websites)

- **Gaining From Loss. Hold The Door For Others, Inc.** (Interactive CD-ROM). Also available at www.holdthEDOOR.com under the resources link.
- **The Ease of Being: Guided Meditations for Centering and Healing.** Mary Maddux, Richard Maddux. April 2002 – (CD)
- **The Power of Self-Coaching: The Five Essential Steps to Creating the Life you Want.** Joseph J. Luciani. September 2004 (Audio Partners Publishing Corporation) – (CD)
- www.americanhospice.org/griefzone/articles/helpingself.htm (Website) *Helping Yourself Through Grief*
- www.helpguide.org/mental/grief_loss.htm (Website)
- www.uhs.wisc.edu/display_story.jsp?id=709&cat_id=38 (Website)

Relevant Movies/Music

- **Guided Meditation for Sleep, Ian Cameron Smith** (May, 2003) – (CD)
- **Meditations for Optimum Health**, Andrew Weil (March, 1997) – (CD)
- **Meditation Made Simple: Mediations for Mind and Body Healing/Meditations for Easy and Comfortable Sleeping**, John Daniels (June, 2002) – (CD)
- **Music for Sound Healing**, Steven Halpern (January, 1999) – (CD)
- **“Songbird”** - Kenny G, Album: Duotones, (1986) (CD)
- **Yoga Rhythms**, Shiva Rea (September, 1997) – (CD)

9. Sign up for a group exercise class at a local gym:

Sign up for a group exercise class at a local gym. If you have membership in a gym, make an effort to take part in group exercise on a consistent basis. Group exercise isn't for everyone, but it can be a very rewarding experience. For example, you could take part in a weekly spinning class. By doing so, you can build more friends that will encourage you to keep coming back and stay on your physical fitness routine. Furthermore, by taking part in group activity, many feel as though the experience is an empowering one, where one can also gain much support from the network of people partaking in the activity. By simply participating in a group, more likely than not, you will be more motivated to perform as well, if not better, than the others in the group. This can lead to you feeling more accomplished in the end.

10. Search for a community activity group in your local area:

Search for a community activity group in your local area. Encourage your friends to join you to play on your team. Pick an activity that both you and your friends will enjoy. This may be baseball, basketball, tennis, etc. Try to be consistent in your efforts to attend every event. Emphasize on teamwork, and always place great importance on the spirit of the team.

11. Attend a local support group to help you respond to your loss and/or adversity:

Research local support groups that help people respond to loss. Pick a support group that seems like a best fit for you and your particular loss. Try to make a concentrated effort to attend your group's meetings on a consistent basis. By doing so, you can build many relationships with others experiencing similar loss, and as a result, gain their support and learn from their successes and hardships. By seeking membership in a support group, more likely than not, you will feel less alone in your journey through loss.

Family/Children Growth Activities**12. Make a family list of activities and healthy lifestyles:**

As a family, come up with a master list of activities and healthy lifestyles that everyone can partake in during times of loss/adversity. Try to make these activities conducive to everyone's involvement. Encourage adoption of these activities and lifestyles as an overall lifestyle orientation, and not just a quick fix activity.

13. Schedule regular family activities:

Set up a time for the whole family to take part in a fun activity everyone can enjoy on a weekly/bi-weekly basis. These activities could be taking a family hike or bike ride, making a trip to a new unexplored museum, or making a ritual stop to a favorite restaurant. Try to ensure that all family members have a voice in choosing the activity.

14. As a family, read and discuss the meaning of the book "Tear Soup":

As a family, read the book *Tear Soup*. Discuss the meaning of the book. Comprise a list of memories about a person, situation, and/or experience: good, bad, silly, funny, etc. Make a "Tear Soup" for your family, where family members put together objects that represent each memory.

Workshops/Helpful Events to Attend**Hold The Door For Others' Annual Hold The Door Day:**

Anyone who has experienced ANY type of loss is welcome. People connect with one another and learn skills through workshops, which are facilitated by gifted Growth Consultants and Keynote Speakers. For more information about when and where the next Hold The Door Day will be, go to www.holdthedor.com and click the events link.



**HOLD THE DOOR
FOR OTHERS™**

OTHERS(S) FOUNDATIONAL RESOURCE

Self-Challenge

<i>Definition:</i>	Self-Challenge is the last foundational resource needed to build the OTHERS(S) resources. Challenge places emphasis on finding your inner strength, even in the most painful times of your life, to be brave enough to take steps toward healing and growing through your loss and adversity.
<i>Key Message:</i>	Challenge yourself.
<i>Key Skill:</i>	Challenge Affirmations: By thinking about how you can achieve your personal goals, and providing specific reasons for your success, you can increase your self-confidence, as well as your ability to take on challenging events in your life. An example of this would involve making a list of positive statements about your self.

“The only distance between your dreams and your reality is you!”

Personal Growth Activities

1. Write a personal story of growth:

Write a growth story detailing your experience of how you have grown through your loss. Be sure to describe the loss, your immediate reaction to the loss, and then how you grew from your loss in any way. Think about some of the barriers that challenged you in achieving your growth and how you will be able to combat similar barriers in the face of future loss. If you don't feel as though you have grown from your loss at this time, describe any progress you have made up until this point, and note what it is you feel will help you grow from your loss.

2. Share with others your successes in responding to loss/adversity:

When you see others struggle with a loss, if appropriate, share with them a story of your loss, and how you have grown from the experience. If at all possible, talk about the steps you have taken to help others as a means to grow from your particular loss. Provide comfort to your friend or loved-one by emphasizing that loss doesn't have to bring you down. Loss can actually bring you and others you have relationships with to a higher, more functional place.

3. Practice the OTHERS(S) resources to facilitate personal growth:

Think of ways you can use one of the OTHERS(S) resources that you don't use much in your life to increase your growth in various ways. For example, if you are aware of the fact that you don't practice emotionally intelligent behaviors, research how you may be able to build emotional intelligence competencies. You can start this process by going to www.holdthEDOOR.com, and reading through the various resources provided in the resource section of the website.

4. Challenge yourself to stop negative thoughts and feelings from dragging you and others down: (See top-right column)

After you experience a loss, and am feeling overwhelmed by grief and negative emotions, challenge yourself to stop those negative and depressing thoughts and feelings from dragging you and others down. Try to build an "emotional arsenal" that has very little tolerance for limiting or depressive feelings. If at all possible, when you feel markedly down, try to substitute those thoughts with a positive perspective; one that will lead you out of the trough, not deeper into it. Remember, when you are feeling down, more likely than not others will feel the same. Challenge yourself to take on a new orientation, where you face your losses with positive perseverance. In the process, help others by teaching them how you grew from your loss, not how your loss held you down.

Books and Reading Materials

- ***Awakening from Grief: Finding the Way Back to Joy.*** John E. Welshons. August 2003 (Inner Ocean Publishing, Inc.).
- ***Beyond Tears: Living After Losing a Child.*** Ellen Mitchell. February 2005 (St. Martin's Press).
- ***Finding a Way Through When Someone Close Has Died: What It Feels like and What You Can Do to Help Yourself: A Workbook by Young People for Young People.*** Pat Mood, Lesley Whittaker. October 2001 (Kingsley, Jessica Publishers).
- ***Finding Your Strength in Difficult Times: A Book of Medications.*** David Viscott. June 2003 (NTC Publishing Group).
- ***Good Grief.*** Lolly Winston. April 2005 (Warner Books, Inc.).
- ***Healing Leaves: Prescriptions for Inner Strength, Meaning and Hope.*** Noson Sternhartz, et al. February 2000 (Health Communications, Inc.).
- ***How It Feels When A Parent Dies.*** Jill Kremetz. February 1988 (Knopf Publishing Group).
- ***I Wasn't Ready to Say Goodbye Workbook: Surviving, Coping and Healing After the Sudden Death of a Loved One.*** Noel Brook, Pamela D. Blair. March 2003 (Champion Press).
- ***Last Dance: Encountering Death and Dying.*** Lynne Ann DeSpeider, Albert Lee Strickland. February 2004 (McGraw-Hill).
- ***Living With Grief: After Sudden Loss, Suicide, Homicide, Accident, Heart Attack, Stroke.*** Kenneth J. Doka. April 1996 (Taylor & Francis).
- ***Mature Grief: When a Parent Dies.*** Donna Schaper. February 2003 (Cowley Publications).

Books and Reading Materials (continued)

- ***Riding the Dragon: 10 Lessons for Inner Strength in Challenging Times.*** Robert J. Wicks. September 2005 (Sorin Books).
- ***Straight Talk About Death for Teenagers: How to Cope With Losing Someone You Love.*** Earl A. Grollman. March 1993 (Beacon Press).
Strength Within: Find Your Life Anchors and Cultivate Habits of Wholeness, Hope and Joy. Barbara Hansen. October 2000 (Paulist Press).
- ***Tapping Your Inner Strength: How to Find the Resilience to Deal With Anything.*** Edith Henderson Grothberg. June 2001 (Laurier Books, Limited).
- ***The Thin Tear in the Fabric of Space.*** Douglas Trevor. October 2005 (University of Iowa Press).
- ***Thriving Through Crisis: Turn Tragedy and Trauma into Growth and Change.*** Bill O'Hanlon. February 2005 (Perigee Trade).
- ***Unattended Sorrow: Recovering From Loss and Reviving the Heart.*** Stephen Levine. February 2006 (Rodale Press, Inc.).
- ***Unmasking Your Grief: A Workbook for Teens on Death, Grief and Loss.*** Kimberly Harper, et al. December 2000 (United Medical Center).
- ***When a Friend Dies: A Book for Teens About Grieving and Healing.*** Marilyn Gootman. April 2005 (Free Spirit Publishing, Inc.).
- ***When Parents Die: A Guide for Adults.*** Edward P. Myers. February 1997 (Penguin Group).
- ***When There Are No Words: Finding Your Way to Cope With Loss and Grief.*** Charlie Walton. March 1996 (Pathfinder Publishing).
- ***Winter Grief, Summer Grace: Returning to Life After a Loved One Dies.*** James E. Miller. October 1995 (Augsburg Fortress).

5. Record a personal dream:

Think about and record a personal dream in a journal. Dreams are both emotional and tremendous. By constructing our own dreams, and keeping them in our line of vision, we can become more engaged in the future and keep the ball moving despite emotional or physical pain. Dreams are more about your heart, not about your head. So, when thinking about your dream, pull from your passion within. Title your dream(s) and keep them in a highly visible area so that you can refer to them frequently.

6. Plan out some specific behavioral objectives that will help you attain your dreams:

Once you are finished writing out your personal Dream(s), go a step further, and plan out some specific behavioral objectives that will help you attain your dreams. It's one thing to dream about achieving a certain goal, but it's another to actually take active steps toward attainment of those goals. Try to keep your objectives realistic and time-specific. At this time, you will be using more of your head, and less of your heart as you will need to figure out how you can physically grasp your desires. Remember, "The only distance between your dreams and your reality is you."

7. Construct your own personal Growth Steps:

One way to help you achieve your objectives is to come up with Growth Steps. Every endeavor begins with one step. Growth Steps are action steps toward our desired destinations. Think about your dream(s) and objectives you wrote about earlier, and connect some growth steps to each of your dreams. Try to make your Growth Steps specific and measurable, time oriented, emotionally connected to what you want, positive and forward moving, and self- controlled (under your control). Chart your progress with your gradual attainment of your Growth Steps for each dream in your personal journal. Write down four Growth Steps here:

1. _____

2. _____

3. _____

4. _____

Group Growth Activities

8. Rely on a special confidant to lean on during tough times:

In addition to your family members, think about someone who could serve as a first-line support for you in your journey through loss. This person could be a particular family member, a close friend, or anyone you think you could count on for their support and presence. Once you have someone in mind, ask for their help, guidance, and support through your times in need. While family and friends can be all the support you may ever need, it can be especially comforting to have a special confidant to lean on during times when it can be hard to push through your loss.

Family/Children Growth Activities

9. Talk about and prepare for grief triggers:

When a loved one passes, it can be very difficult for the family to be reminded of all the things that person enjoyed and what defined them as a person. For example, it can be especially difficult to smell your loved one's favorite cologne, or come across his/her favorite sweater or shirt. Many times, these painful reminders of our loss can bring a lot of strong emotions to everyone in the family. Sit down with your family and talk about when these grief triggers could surface, and how everyone can deal with them once they arise. As part of this process, identify as many grief triggers as possible, being sure to get everyone's input. These triggers can be anything from an image, certain person, or a specific place. By putting your family's grief triggers out on the table to discuss, everyone will be more aware of what could be disabling for them in the future, and as a result be more equipped to respond to those triggers with the added support of the family as well.

Workshops/Helpful Events to Attend

Hold The Door For Others' Annual Hold The Door Day:

Anyone who has experienced ANY type of loss is welcome. People connect with one another and learn skills through workshops, which are facilitated by gifted Growth Consultants and Keynote Speakers. For more information about when and where the next Hold The Door Day will be, go to www.holdthedor.com and click the events link.

The Dougy Center – The National Center for Grieving Children and Families 2006 International Summer Institute:

July 24-28, 9:00am – 5:00pm daily (Portland Oregon) Tuition is \$975.00. To learn more about this event, go to the following web-address: www.dougy.org/default.asp?pid=14281

Multi-Media (DVD's, CD's, Websites)

- www.webhealing.com (Website)
- www.grief-recovery.com (Website)
- www.griefsjourney.com (Website)
- www.utexas.edu/student/cmhc/booklets/Grief/grief.html (Website)

Relevant Movies/Music

- "Coming out of the Dark", Gloria Estefan, Album: Into the Light (CD)
- "Pursuit of Happiness", Weekend Players, Album: Pursuit of Happiness (CD)
- "Walk on", U2 – Album: All That You Can't Leave Behind (CD)



**HOLD THE DOOR
FOR OTHERS™**

OTHERS(S) CORE RESOURCE

Optimism/Hope

<i>Definition:</i>	Optimism is your ability to develop and maintain a positive attitude and hope even during challenging times.
<i>Key Message:</i>	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.
<i>Key Skill:</i>	Finding the positive and refocusing.

“If you think you can or you think you can’t, you’re right!”

-- Henry Ford

Personal Growth Activities

1. Build your collection of up-beat music and other inspiring mediums:

*In your efforts to build or sustain an optimistic outlook, build your collection of up-beat music and other inspiring mediums such as books, magazines and movies. Foster relationships with people who project a positive outlook on life, and will encourage you to do the same in the face of adversity.

2. Plan for success in your future:

*Try to take on a perspective where you look forward to the future. Our attitude or perspective on a situation can directly impact the way we behave or act in that situation. Plan for success in your future, and equip yourself to always look for the positive component(s) in any given circumstance.

3. Learn from others who have succeeded:

Recall a situation when you or someone close to you overcame a difficult obstacle and succeeded. Remember this precedent when you are faced with a similar situation.

4. Find the positives within your challenges:

List all the bad things that happened to you in the previous day. Then find at least two positive aspects for each. Bad things that happened yesterday:

1. _____
2. _____

Two positives for #1: _____

Two positives for #2: _____

5. Make a long-term plan:

Visualize where and what you want to be after 1, 5 and 10 years. Sketch a pathway that you can follow to get there. Include manageable steps and ways to chart your progress.

6. Record your negative and positive thought patterns:

Record your negative and positive thought patterns and notice how they affect your future performance. Experiment with making your thoughts more positive and see if your performance improves.

7. Rationalize your negative and positive feelings:

Record your negative feelings about the future, your fears and apprehensions. For each feeling, write a rationale, how valid it is, and how it may affect your behavior. Then for each negative feeling, write a desirable positive feeling. Write at least two ways of cultivating that feeling.

8. Anticipate future challenges:

Mentally rehearse your next anticipated challenge. Build perspective by managing obstacles rather than trying to eliminate all of them.

9. Identify what works best for you during challenging times:

For your next three challenging tasks, identify what would work best for you: thinking your way into right action or acting your way into right thinking. Influence your future in a way that plays to your strengths.

10. Leverage your past accomplishments:

Document three of your past accomplishments in detail and let them inspire your future endeavors. Pay close attention to the specific actions and frame of mind that enabled you to attain those accomplishments. Keep your descriptions in a separate file

conveniently located at your desk or other easily assessable location in your office.

11. Generate optimistic ideas:

Schedule at least 15 minutes twice a week to spend generating optimistic ideas. Write them down and list actions you can take to realize your ideas. Discuss your ideas with your friends and family members, and make them partners in your endeavors.

12. Exercise optimism with your personal challenges:

Exercise optimism and patience with tasks that challenge you most. Remember how these tasks fit into the larger scheme of things.

Books and Reading Materials

- **7 Days to a Positive Attitude: A One-Week Game Plan for Beginning the Journey Toward Brighter Days.** Gary Morris. November 2004 (Blue Mountain Arts, Inc.).
- **A Grace Disguised: How the Soul Grows Through Loss.** Jerry Lawson Sitter. December 2004 (Zondervan).
- **Changing Course: Healing from Loss, Abandonment and Fear.** Claudia Black. August 1999 (MAC Publishing).
- **Creating Optimism: A Proven, 7-Step Program for Overcoming Depression.** Bob Murray, Alicia Fortinberry. December 2003 (McGraw-Hill).
- **Everyday Positive Thinking.** Louise L. Hay. February 2004 (Hay House, Inc.).
- **The Grief Recovery Handbook: The Action Program for Moving Beyond Death, Divorce, and Other Losses.** John W. James, Russell Friedman. July 1998 (Collins).
- **Half Empty, Half Full: Understanding the Psychological Roots of Optimism.** Susan C. Vaughan. May 2001 (Harcourt).
- **Half Full: 40 Inspiring Stories of Optimism, Hope, and Faith.** Azriela Jaffe. April 2003 (Rockport Publishers).
- **Head First: The Biology of Hope and Healing Power of the Human Spirit.** Norman Cousins. December 1990 (Penguin).
- **I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One.** Brook Noel, Pamela D. Blair. March 2000 (Champion Press).
- **Learn to be an Optimist.** Lucy MacDonald. December 2003 (Chronicle Books LLC).
- **Learned Optimism: How to Change Your Mind and Your Life.** Martin E. Seligman. January 2006 (Knopf Publishing Group).
- **Life After Loss: A Practical Guide to Renewing Your Life After Experiencing Major Loss.** Bob Deits. April 2004 (Da Capo Press).
- **The Loss That Is Forever: The Lifelong Impact of the Early Death of a Mother or Father.** Maxine Harris. September 1996 (Plume).
- **Optimism.** Helen Keller. January 2005 (Standard Publications, Inc.).
- **Optimism A Real Remedy.** Horace Fletcher, William Dana Orcutt. January 2005 (Kessinger Publishing Co.).
- **Positive Thinking Every Day: An Inspiration for Each Day of the Year.** Norman Vincent Peale. December 1993 (Simon & Schuster Adult Publishing Group).
- **The Power of Optimism: Attitude Training for Those Who Desire More From Life.** Tim Shurr. May 2004 (Authorhouse).
- **Promoting Positive Thinking: Building Children's Self-Esteem, Confidence, and Optimism.** Glynis Hannell. February 2005 (Granada).
- **The Psychology of Hope: You can Get There From Here.** C.R. Snyder. August 1994 (Simon & Schuster Adult Publishing Group).
- **The Science of Optimism and Hope: Research Essays in Honor of Martin E. P. Seligman, Vol .2.** Jane E. Gillham. April 2000 (Templeton Foundation Press).

Group Growth Activities

15. Surround yourself with optimistic and future-minded friends:

Surround yourself with optimistic and future-minded friends, particularly when you face a setback. Accept their encouragement and help, and let them know that you will do the same for them when they face obstacles.

16. Plan regular outings with your friends:

Plan regular outings with your friends several times a month. As a group, come up with activities and events that will be enjoyable and fun for everyone. Try to make the theme of these get-togethers up beat and positive.

Family/Children Growth Activities

17. Seek support from your family during challenging times:

As a family, schedule a time at least once a week where everyone contributes a personal challenge or current in-pass. Go around to each family member, spot-lighting his/her personal challenge. With each person, have the family as a whole, suggest a positive perspective on the situation, and then offer at least one possible positive outcome. Be sure that all family members offer encouraging support emphasizing on everyone's particular personal needs.

18. Model a positive, optimistic outlook on life:

Vicarious learning is a very powerful concept. When others in your family see how successful you are in the way you manage yourself, they will likely emulate your behavior if that behavior proves to reap rewards. When possible, always model a positive, optimistic outlook on life, through all of its unexpected twists, turns, and hills. An example of this could be reacting to setbacks with a calm emotional response, while at the same time,

emphasizing how you can succeed by drawing on the positive aspects of your dilemma.

19. Talk with your family about everyone's thoughts and feelings about his/her experiences throughout the week:

On a weekly basis, sit down with your family and talk about everyone's thoughts and feelings about the weeks activities (school, work, friendships, etc.). Specifically concentrate on positive reactions from your family members (including yourself). Observe and reflect how emphasizing positive emotions elevates everyone's mood, and furthermore, serves as a foundation for growth (it's easier to grow from activities we enjoy and excel in).

Multi-Media (DVD's, CD's, Websites)

- **Learned Optimism.** Martin E. P. Seligman. January 2001 (Simon & Schuster Audio) – (CD)
- **Spontaneous Optimism.** Michael Mercer, Maryann Troiani. June 1998 (Listen & Live Audio, Inc.) – (CD)
- <http://front.csulb.edu/tstevens/h86optim.htm> (Website)

Relevant Movies/Music

- **"Beautiful Day"**, U2, Album: All That You Can't Leave Behind (CD)
- **"Don't Stop"**, Fleetwood Mac, Album: Greatest Hits (CD)
- **"High Hopes"**, Frank Sinatra, Album: Capitol Collectors Series: Frank Sinatra (CD)
- **"Imagine"**, John Lennon, Album: Imagine (CD)
- **"Lovely Day"**, Bill Withers, Album: Lean on Me – The Best of Bill Withers (CD)
- **"Somewhere"**, West Side Story (CD)
- **"Storms in Africa"**, Enya, Album: Watermark (CD)
- **Good Will Hunting** (Film)

Anyone who has experienced ANY type of loss is welcome. People connect with one another and learn skills through workshops, which are facilitated by gifted Growth Consultants and Keynote Speakers. For more information about when and where the next Hold The Door Day will be, go to www.holdthedoormap.com and click the events link.

Dr. Dana Lightman's programs are both informative and interactive, and enable one to be more proactive, open-minded, well-informed, evolving, and resilient. You can reach Dr. Lightman by phone, 215-885-2127 or email: dana@poweroptimism.com. Dr. Lightman is located in Abington Pennsylvania (2464 Lafayette Ave. Abington, PA 19001). To learn more about Dr. Lightman's workshops, go to www.poweroptimism.com/main/workshops.asp.

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HOLD THE DOOR
FOR OTHERS™

OTHERS(S) CORE RESOURCE

True Meaning

<i>Definition:</i>	True meaning is your ability to make meaning of your losses and find purpose for the future.
<i>Key Message:</i>	Finding meaning related to the loss of a loved one can provide you with peace of mind. By creating purpose in your life, you will be more motivated on a daily basis.
<i>Key Skill:</i>	Self-Questioning: You can develop meaning and purpose by asking yourself positive and purposeful questions.

“He who has a why to live can bear with almost any how”
-- Nietzsche

Personal Growth Activities

1. Monitor how temporary events impact your overall perspective:

Explain the broad outlook of your life in one or two sentences as a weekly exercise. Monitor whether temporary events have an impact on your overall perspective. If you do see this pattern, brainstorm on ways that your perspective remains constant through daily joys and struggles.

2. Find purpose in the last five of your significant actions/decisions:

Find purpose in the last five of your significant actions/decisions. Recall what motivated you to make the decisions that you made. How were these actions/decisions meaningful to you?

3. Draw personal meaning from the loss of your loved-one:

After experiencing a personal loss, reflect upon the meaning of your life. What do you find? Did you find that you are too busy to experience particular things with the loved one you lost? What are your priorities now? Think about what was meaningful to your lost loved-one. How can you draw from the footprint your loved-one left behind and create a fresh perspective on your purpose in life as a result?

4. Find true meaning in the life of someone you know:

Find someone wise (either someone still alive or someone who has passed on). Read or watch a film on his or her life, and identify true meaning in his/her life. How can this guide your decisions and actions?

5. Read quotes of wisdom and meaning:

Read quotes of wisdom and meaning. Re-write them as small, practical steps for yourself. Leave them as notes for yourself in locations where you deal with challenges, such as an office desk or by a phone.

Books and Reading Materials

- ***The Call: Finding and Fulfilling the Central Purpose of Your Life.*** Os Guinness. September 2003 (W Publishing Group).
- ***Choices That Change Lives: 15 Ways to Find More Purpose, Meaning, and Joy.*** Hal Urban. December 2005 (Simon & Schuster Adult Publishing Group).
- ***Dark Nights of the Soul: A Guide to Finding Your Way Through Life's Ordeals.*** Thomas Moore. July 2005 (Gotham).
- ***Everything Happens for a Reason: Finding the True Meaning of the Events in Our Lives.*** Mira Kirshenbaum. April 2005 (Crown Publishing Group).
- ***Healing After Loss: Daily Meditations for Working Through Grief.*** Martha W. Hickman. March 1999 (Collins).
- ***Ice Bound: A Doctor's Incredible Battle for Survival at the South Pole.*** Maryanne Vollers, Jerri Nielsen. January 2001 (Miramax Books).
- ***Man's Search for Meaning.*** Viktor E. Frankl, Gordon W. Allport. March 2000 (Beacon Press).
- ***The Meaning of Life: Reflections in Words and Pictures on Why We Are Here.*** Life Magazine Publication. 1991 (Little, Brown & Co.).
- ***On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss.*** Elisabeth Kubler-Ross. July 2005 (Simon & Schuster Adult Publishing Group).
- ***Power of Purpose: Creating Meaning in Your Life and Work.*** Richard J. Leider. January 2005 (Berrett-Koehler Publishers, Inc.).
- ***Sacred Wounds: Succeeding Because of Life's Pain.*** Jan Goldstein. March 2003 (Harper Collins Publishers).
- ***Seasons of Goodbye: Working Your Way Through Loss.*** Chris Ann Waters. June 2000 (Ave Maria Press).
- ***Surviving the Death of a Sibling: Living Through Grief When an Adult Brother or Sister Dies.*** T. J. Wray, Earl Thompson. May 2003 (Crown Publishing Group).
- ***Way of Transition: Embracing Life's Most Difficult Moments.*** William Bridges. December 2001 (Perseus Publishing).
- ***Your Mythic Journey: Finding Meaning in Your Life through Writing and Storytelling.*** Sam Keen, Anne Valley-Fox. September 1989 (Penguin Group).

6. Pursue endeavors that have a significant impact on the world:

Pursue endeavors that have a significant impact on the world. Contribute time or resources to a local non-profit or to an international organization, or write a letter to an editor about an issue of global importance.

7. Pursue meaningful roles:

Seek a role, at least once every 3 months that requires you to engage into a meaningful endeavor.

8. Find meaning in issues/beliefs in which you feel ambivalent:

Schedule time when you can optimally muse, analyze, reflect, and synthesize on an issue about which you feel ambivalent. Seek the perspectives of others, but also give yourself time to think on your own.

Multi-Media (DVD's, CD's, Websites)

- www.griefhealing.com/column9.htm (Website)
- www.meaning.ca/meaningful_living/meaning_death.html (Website)
- www.mywhatevery.com/cifwriter/library/mortals/mor03000.html (Website)

Relevant Movies/Music

- **American Beauty** (Film)
- **Gattaca** (Film)
- **The Devil's Advocate** (Film)
- **The Fisher King** (Film)

Group Growth Activities

9. Build a network of friends and confidants with differing perspectives:

Build a network of friends and confidants with differing perspectives. Seek their council when you need expertise, and offer your own perspective should they ask for it.

10. Offer advice and underlying true meaning of an ambivalent issue:

Offer advice and underlying true meaning of an ambivalent issue (e.g., counseling a friend about a job or mate selection), but only when asked and only after listening empathically to the seeker. Ask for advice from that person in return in the near future.

Family/Children Growth Activities

11. Encourage children to find meaning in their activities:

Talk to children about meaning and expose them to various activities such as sports, arts, etc. in the search of an activity in which they derive meaning. Help them experience this activity often in their daily life.

12. Mentor a child in your neighborhood:

Mentor a child in your neighborhood. Remember a role model that you had as a child and try to emulate their qualities. Be particularly attentive to the child's interests, and meaning behind those interests. Think about how you can facilitate direction in the child's life.

13. Schedule an annual event to celebrate/remember your lost loved-one:

Schedule a yearly event where the whole family (immediate and extended) meets at a chosen venue to celebrate and remember lost loved-ones. Try to keep the theme of the event positive, but at the same time encourage reminiscing stories and feelings from

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Once you get to the page, scroll down until you find the heading: “The Grief Recovery Personal Workshop”. A Schedule for upcoming workshops is provided through a link at the bottom of the page. US locations for the Grief Recovery personal workshop are in Sherman Oaks, CA and Los Angeles, CA.



**HOLD THE DOOR
FOR OTHERS™**

OTHERS(S) CORE RESOURCE

Humor

<i>Definition:</i>	Humor is your ability to laugh and use humor to lighten the load of loss and adversity.
<i>Key Message:</i>	For years researchers have reported that laughing is good for your psychological and physical health. Laughing breaks down barriers and facilitates connections among people.
<i>Key Skill:</i>	Find the humor.

“If you can find humor in anything, you can survive it.”

-- Bill Cosby

Personal Growth Activities

1. Try to interject humor in your everyday interactions:

*Make a concerted effort to build upon your sense of humor. When interacting with others, try to interject laughter whenever possible, and always try to find humor in your every-day experiences.

2. Develop a collection containing various sources of personal humor:

*Develop a collection containing various sources of personal humor. Some examples could be a collection of your favorite daily jokes, emails, or funny illustrations. You may want to file a select group of media (TV sitcoms, movies, books, etc.) that you can resort to in times of duress.

compile some of your favorite jokes/illustrations here

3. Expose yourself to several different types of humor:

Watch a sitcom, funny show or movie, or read a comic daily. Clip comics and recommend shows for friends.

4. Model humor to friends that are down:

Cheer up a gloomy friend. Be an example of how to approach life with a good-natured attitude.

5. Find the fun and lighter side in most situations:

Find the fun and lighter side in most situations. Strike a balance between taking things seriously enough and not taking them too seriously.

Books and Reading Materials

- ***Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment.*** Martin Seligman. January 2004 (Simon & Schuster).
- ***Becoming a Humor Being: The Power to Choose a Better Way.*** Steve Rizzo. October 2000 (Full Circle Publishing).
- ***The Healing Power of Humor.*** Allen Klein. February 1989 (Tarcher).
- ***Humor and Healing.*** Perry H. Biddle. December 1994 (Desert Ministries, Inc.).
- ***Humor and Healing.*** Bernie S. Siegel. March 1997 (Sounds True).
- ***I'd Rather Laugh: How to be Happy Even When Life Has Other Plans for You.*** Linda Richman. March 2002 (Waner Books).
- ***Laffirmations.*** Joel Goodman. April 1995 (HCI).
- ***Laugh and Live: Reclaiming our Sense of Humor.*** Linda Hutchinson. March 2004 (North Star Press of St. Cloud, Inc.).
- ***A Laughing Place: The Art and Psychology of Positive Humor in Love and Adversity.*** Christian Hageseth. September 1988 (Berwick Publishing Company).
- ***Laughter Therapy: How to Laugh About Everything in Your Life That Isn't Really Funny.*** Annette Goodheart. January 1994 (Andrew J. Lesser).
- ***Lighten Up: Survival Skills for People Under Pressure.*** C.W. Metcalf, Roma Felible. January 1992 (Perseus Publishing).
- ***Making Sense of Humor: How to Add Humor and Joy to Your Life.*** Lila Green. August 1994 (Knowledge, Ideas and Trends).
- ***Serious Laughter: Live a Happier, Healthier, More Productive Life.*** Yvonne F. Conte, Anna Cerullo-Smith. October 1998 (Amsterdam-Berwick Publishing).

6. Let your “inner child” come out when partaking in activities:

Make a snowman when it snows or play volleyball at the beach. Let your “inner child” enjoy the things that you enjoyed during childhood.

7. Send humorous emails to your friends:

Send humorous emails to your friends. Rather than simply forwarding chain letters, share humor from your own life.

Multi-Media (DVD's, CD's, Websites)

- **The Beginner's Guide to Humor and Healing.** Bernie S. Siegel. December 2002 (Sounds True) – (CD)
- http://www.aath.org/art_sultanoff02.html (Website)
- <http://www.healthy.net/scr/Column.asp?Id=187> (Website) – *Good Humor, Good Health* – Article written by David S. Sobel, M.D.
- <http://ohioline.osu.edu/hyg-fact/5000/5219.html> (Website)

Relevant Movies/Music

- **Here and Now**, Ellen DeGeneres (DVD)
- **Patch Adams** (Film)

Group Growth Activities

8. Bring a smile to someone's face everyday:

Bring a smile to someone's face every day through jokes, gestures, and playful activities. Be observant of the moods of others and respond to them.

9. Take part in holiday events with your loved-ones:

Go watch fireworks with your loved ones. Enjoy the pleasure of being outside and having fun with people you care about.

10. Go out with your friends at least once a month:

Go out with your friends at least once a month for bowling, hiking, cross-country skiing, biking, and such. Note how the group dynamic improves when you laugh together.

11. Be friends with someone who has a great sense of humor:

Be friends with someone who has great sense of humor. Watch how they use this strength to deal with difficult situations and bad news.

12. Learn new jokes and share with others:

Learn a new joke three times a week and tell them to friends. Note how laughing together improves the mood of the group.

Family/Children Growth Activities

20. Watch a funny program with your family:

As a family, plan a time during the week that everyone can get together to watch a funny sitcom, or humorous program. Pick a program that everyone in the family will enjoy.

21. Pick a game(s) that the family can enjoy playing together that has a humorous theme:

Pick a game(s) that the family can enjoy playing together that has a humorous theme. An example may be playing charades, or twister. Try to compile a list of games the family enjoys as a whole, so you will have variety in your activities each week.

22. Schedule a “funny movie night”:

Schedule a “funny movie night” that will be convenient for everyone in the family. Have each family member contribute to choosing a film with a comedy flavor each week.

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Craig D'Martino (motivational speaker) and his wife talk about overcoming a traumatic accident. To learn more about when and where you can attend a program, go to www.afterthefallministry.com, and hit the schedule link.

As stated on the AATH website, programming for the 2006 AATH Conference demonstrates fun in the learning experience, and offers many activity oriented presentations, exercises and serious methods for using humor and laughter to its full advantage in your work and daily lives. The next AATH Conference will be held in the Bay Point Marriott Resort (4200 Marriott Drive) in Panama City Beach, Florida 32408. For information about AATH and the upcoming conference, go to www.aath.org. You can reach AATH by calling 609-514-5141. Their business address is 5 Independence Way Suite 300 - Princeton, NJ 08540

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**HOLD THE DOOR
FOR OTHERS™**

OTHERS(S) CORE RESOURCE

Emotional Intelligence

<i>Definition:</i>	Emotional intelligence is your ability to be aware of your emotions, connect with people, read emotions in others, and communicate your emotions to others.
<i>Key Message:</i>	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.
<i>Key Skill:</i>	Emotion Coaching: Become aware of your emotions, understand them, and then channel them into positive actions.

“In order to get from what was to what will be, you have to go through what is.”

Personal Growth Activities**1. Journal your progress made with any current impasses:**

*In a journal, record any significant thoughts, feelings, or concerns on a daily or weekly basis. Make note of any current impasses, and keep track of any progress you make in regard to those obstacles.

2. Listen to your friends and siblings empathically:

Listen to your friends and siblings empathically, without preparing rebuttals, and simply reflect your feelings after they are finished. Don't just wait for your turn to speak during conversation.

3. Search for hidden pain (blind spots):

Every trauma and loss includes pain. Sometimes we create blind spots to tough or numb it and thus don't validly feel it. Do you have any blind spots (please don't judge yourself - The first step is to validly acknowledge presence of such blind spots)?

4. Monitor your emotional patterns:

Write five personal feelings daily for 4 weeks and monitor patterns. Are there situations that you encounter regularly that alter your emotional pattern?

Start your first day here:

1. _____
2. _____
3. _____
4. _____
5. _____

5. Openly communicate your needs/wishes:

In your close relationships, speak plainly and directly about your needs and wishes. Allow others to do the same without judging them or responding with rebuttals.

6. Look for positive motives in others that upset you:

If someone offends you, attempt to find at least one positive element in his or her motives. Consider reasons why their offensive behavior may result from temporary, situational factors rather than from their disposition or nature.

7. Attend an uncomfortable social situation as an active observer:

Attend an uncomfortable social situation as an active observer and describe what you observe without any judgments. Note whether the situation got heated or out-of-hand and why.

8. Appreciate others for their positive attributes:

Note and appreciate others in the light of their positive attributes. Voice your thoughts to them in conversation.

9. Attend to non-verbal communication in a TV program:

Watch a favorite TV program or film muted and write feelings observed. Note your own non-verbal communication methods when you engage in conversation.

10. Express your feelings appropriately to someone for whom you have not done so:

Express your feelings appropriately to someone for whom you have not done so. Listen carefully to their response and process your emotions together.

11. Become more aware of how your friends/family would like to be emotionally understood: (See top-left column of next page)

Ask someone close to you about times you did not emotionally understand him/her and how he/she would like to be emotionally understood in the future. Think of a few small, practical steps that you can take when interacting with this person next.

Books and Reading Materials

- **7 Steps to Emotional Intelligence.** Patrick E. Merievede, et al. March 2001 (Neuro-Semantics Publications).
- **50 Activities for Developing Emotional Intelligence.** Adele B. Lynn. January 2000 (Human Resource Development Press).
- **200 Ways to Raise a Boy's Emotional Intelligence: An Indispensable Guide for Parents, Teachers, and Other Concerned Caregivers.** Will Glennon, et al. June 2000 (Red Wheel/Weiser).
- **Constructive Thinking: The Key to Emotional Intelligence.** Seymour Epstein, Samuel Mitcham. August 1998 (Greenwood Publishing Group, Inc.).
- **Developing Self-Awareness.** David A. Whetten, Kim S. Cameron. January 1997 (Addison-Wesley).
- **El Advantage: Putting Emotional Intelligence into Practice.** Patricia McBride, Susan Maitland. November 2001 (McGraw-Hill).
- **Emotional Intelligence.** Daniel Goleman. September 2005 (Bantam Books).
- **Emotional Intelligence in a Week.** Jill Dann. February 2003 (Hodder & Stoughton, Ltd.).
- **Emotional Intelligence in the Classroom: Creating Learning Strategies for 11s to 18s.** Michael Brearley. July 2001 (Neuro-Semantics Publications).
- **Emotional Intelligence Quick Book: Everything You need to Know to Put Your EQ to Work.** Travis Bradberry, Jean Greaves. May 2005 (Simon & Schuster Adult Publishing Grp.).
- **Emotional Intelligence Works: Developing "People Smart" Strategies.** Michael M. Kravitz, Susan D. Schubert. September 2000 (Course Technology, Inc.).
- **Emotionally Intelligent Living.** Geetu Orme. September 2001 (Neuro-Semantics Publications).
- **Enhanced Emotional Intelligence.** Mark Kelly, Robert Ferguson. August 2005 (Mark Kelly Books).

12. Listen to others with unconditional regard:

Listen to others with unconditional regard. Make it clear to them that your friendship is not conditional on what they tell you.

13. Positively reinforce friends/family when they display growth:

Notice when your family and friends grow. Congratulate them and record specific observations. Make your loved ones feel like they are special parts of your life.

14. Emulate social skills in your friends that you admire in them:

Identify which of your friends relates most empathically with others. Observe them closely and try to emulate the social skills that you admire in them.

15. Perceive and acknowledge three sincere gestures of a friend:

Perceive and acknowledge three sincere gestures of a friend. Observe how your expression of gratitude makes you both feel.

16. Weight your arguments with logic rather than emotional "punch":

Withhold a powerful and decisive argument that will win you a discussion but might hurt someone, at least twice a month. Focus your energy on the logic of your arguments rather than on their emotional "punch."

17. Chart your positive emotions and spotlight your activities that activate them:

Self-monitor – Chart the flow of your emotions for a week, and take particular notice of not only anger, but of more complex positive ones like bliss, delight, rapture, light-heartedness, contentment, etc. Notice what kind of activities you are engaged in when you experience the positive emotions and try to re-craft your day or week in such a way that you practice them more often.

18. Learn to manage and deploy your negative and positive emotions appropriately:

Emotional management is the key to good self-care and healthy interpersonal relationships. Learn to manage and deploy your negative and positive emotions appropriately. For instance, negative emotions narrow our world view but at the same time when employed appropriately, they can serve us well such as filing for taxes, deciding whom to fire, analyzing repeated romantic failures, making crucial decision in business, sports, which job to take, which house to buy, where to move, etc. Positive emotions broaden and open minds and hearts. Positive emotions are best suited for pursuing creative endeavors, such as planning a new marketing campaign, finding ways to increase love in life, deciding about hobbies, or in creative writing.

Group Growth Activities**19. Emphasize the value of being agreeable with others:**

When working with others, emphasize the value of being agreeable. Remember that group harmony is as essential as, or even more important than, productivity.

20. When functioning as part of a group, always think about where others in the group are coming from in terms of their decisions/opinions:

Whenever you take part in a group activity, try to always think about where others in the group are coming from in terms of their decisions and opinions. Many times, it can be easy to act only on our own feelings. Taking the time to think about where others you interact with are coming from can have powerfully positive effects on accomplishing group objectives with the least resistance.

21. Always try to encourage self-expression in both yourself and others you interact with in the group: (See top-right column)

Always try to encourage self-expression in both yourself and others you interact with in the group. Try to facilitate a culture of openness and welcoming reception of all group members' feelings and opinions. One can cultivate this type of environment by showing genuine interest in everyone's contributions, as well as treating those contributions as valuable components to the group's overall initiatives.

Books and Reading Materials (continued)

- ***The EQ Difference: A Powerful Plan for Putting Emotional Intelligence to Work.*** Adele B. B. Lynn. October 2004 (AMACOM).
- ***EQ Edge: Emotional Intelligence and Your Success.*** Steven J. Stein, Howard Book. April 2002 (Stoddart Publishing).
- ***Fostering Emotional Intelligence in K-8 Students: Simple Strategies and Ready-To-Use Activities.*** Gwen Doty. July 2001 (SAGE Publications). From *Now on With Passion: A Guide to Emotional Intelligence.* Christine M. Casper. July 2001 (Cypress House).
- ***Guiding Children Through Life's Losses: Prayers, Rituals and Activities.*** Phyllis Vos Wezeman, et al. July 1998 (Twenty-Third Publications/Bayard).
- ***How to Raise a Child With a High EQ: A Parents' Guide to Emotional Intelligence.*** Lawrence E. Shapiro. February 1998 (Harper Collins Publishers).
- ***Journey to Self-Awareness: A Spiritual Notebook for Everyday Life.*** Noreen Monroe Guzie, Tad Guzie. August 2004 (WIPF & Stock Publishers).
- ***Managing Yourself: Mastering Your Emotional Intelligence.*** Paul Morgan. December 2002 (Momentum).
- ***Measure Your EQ Factor: Discover and Develop Your Emotional Potential.*** Gilles D'Ambra. March 1999 (W. Foulsham Co.).
- ***Peoplesmart: Developing Your Interpersonal Intelligence.*** Melvin L. Silberman, Freda Hansburg. June 2000 (Berrett-Koehler Publishers, Inc.).
- ***Raising Your Emotional Intelligence: A Practical Guide.*** Jeanne Segal. July 1997 (Henry Holt & Co., Inc.).
- ***Six Steps to an Emotionally Intelligent Teenager: Teaching Social Skills to Your Teen.*** James Windell. August 1999 (Wiley, John & Sons, Inc.).
- ***Test Your EQ: Find out how Emotionally Intelligent You Really Are.*** Mark H. Davis. August 2005 (Penguin Group).

Family/Children Growth Activities

22. Play charades as a family with a focus on acting out emotions:

Play charades as a family with a focus on acting out emotions. You can either have different emotions written down that family members have to act out or have a situation written down and family members would act out the emotion that they believe corresponds to that situation. Discuss alternative emotions if applicable (i.e., if it is possible to feel two different ways as a result of a situation) and discuss words to describe those emotions.

23. Create a “family box” to collect family member’s emotions/feelings throughout the week:

Have a family box (you can decorate a shoe box and cut a slit in the top) in the house with paper available for family members to write down their different feelings/emotions throughout the week (they can be positive and negative, or could just focus on the positive) and leave them in the box. Pick a day each week to read the entries and discuss what the feelings were in the moment, how the family member feels now that time has passed, how can the family member work to make this positive emotion happen more often, how can the family member work to grow from the negative emotion, and make sure it was an accurate response to the situation.

24. Communicate to your family how you would like to be treated when you experience various emotions:

Have the entire family gather and write down some of the emotions they have experienced in the past week, and the way they perceive their actions when they feel each emotion. Each person in the family can share their emotions, the way they act when these emotions occur, and the way they would like to be treated and/or addressed by others when these emotions become apparent. Example Emotion: Sad. Actions: Being very melancholy. Not wanting to talk to anyone. Having a frown on

your face. Family’s Actions: Let the person have their space. If these actions continue after an hour, let the family member know that you are available to talk, and engage in an open-ended conversation

25. Family role play – Perspective taking:

The entire family could gather and make a list of situations and scenarios that occur in the household, and proceed to participate in a role playing activity in which each family member will take the point of view of another family member and act out a scenario. After each scenario the entire family could have a discussion about what they saw, and how the relationships among the participants could be improved. (Perspective taking)

26. Gain insight into your family member’s feelings by asking them open-ended questions:

Communication is extremely important when addressing emotional intelligence. Family members can gain insight into one another’s feelings by asking open-ended questions that can initiate a conversation about daily events and experiences. There are no correct or incorrect answers to open-ended questions. Example Open-Ended Questions: How was your day? Was there anything especially good or bad that happened today? A person can share an experience of what happened to them, and ask a family member if they had a similar experience. Example: “I woke up in a bad mood today, which made me have a horrible day. Did that ever happen to you?”

Multi-Media (DVD’s, CD’s, Websites)

- www.practicaleq.com/principles.html (Website)
- www.eq.org (Website)
- www.onionhead.com (Website) *This site is geared toward building Emotional Intelligence in Children.*
- www.addeq.com (Website)
- http://relationships911.org/Emotional_Intelligence (Website)



**HOLD THE DOOR
FOR OTHERS™**

OTHERS(S) CORE RESOURCE

Resilience

<i>Definition:</i>	Resilience is your ability to adapt, bounce back, and respond with strength to adversity, loss, and challenge.
<i>Key Message:</i>	You have the ability to bounce back, just like a basket ball. 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.
<i>Key Skill:</i>	Self-Coaching: Your way of communicating with yourself and teaching yourself to bounce back.

“Life is change. Growth is optional.”

Personal Growth Activities

1. Focus on how you overcame similar adversity in the past:

When facing adversity, focus how you overcame a similar adversity in the past. Let your successes set the precedent for your future endeavors.

2. Try to be as elastic as possible in your everyday interactions:

*Try to be as elastic as possible in your everyday interactions. By practicing a more flexible approach to dealing with issues of any kind, you will have a better chance of creating more opportunity for yourself and others.

3. Research people who overcame significant hardships:

Read about someone who succeeded despite difficulties and setbacks. Look for similar obstacles that both of you faced.

Write a brief description of a person you discovered here:

4. Identify areas in which you feel helpless/hopeless:

Identify an area in which you generally shy because you feel helpless or hopeless. Practice the phrases, the tones, and the mannerisms that will enable you to effectively confront the situation adaptively next time.

5. Recognize and appreciate resiliency in others:

Cultivate a reputation for recognizing and appreciating resilient acts that are accomplished despite challenges. Express your appreciation for other people who exhibit resiliency.

Books and Reading Materials

- ***The Art of Resilience: 100 Paths to Wisdom and Strength in an Uncertain World.*** Carol Orsborn. May 1997 (Crown Publishing Group).
- ***Art of Saying Goodbye: How to Survive the Loss of a Love.*** Arthur Samuels. October 2003 (Thorsons/Element).
- ***Chicken Soup for the Recovering Soul: Your Personal Portable Support Group with Stories of Healing, Hope, Love, and Resilience.*** Jack Canfield, Mark Victor Hansen, et al. December 2004 (Health Communications Inc.).
- ***Crisis Intervention: Promoting Resilience and Resolution in Troubled Times.*** Lennis G. Echterling, Jack H. Presbury, J. Edson Mckee. August 2004 (Prentice Hall).
- ***Human Resilience: A Fifty-Year Quest.*** Ann M. Clarke. July 2003 (Kingsley, Jessica Limited).
- ***Loss, Trauma, and Resilience: Therapeutic Work With Ambiguous Loss.*** Pauline Boss. December 2005 (Norton Professional Book Ser.).
- ***Nurturing Resilience in our Children: Answers to the Most Important Parenting Questions.*** Robert Brooks, Sam Goldstein, Robert B. Brooks. October 2002 (NTC Publishing Group).
- ***The Power of Resilience.*** Robert Brooks, Sam Goldstein. October, 2004 (McGraw-Hill).
- ***Promoting Community Resilience in Disasters: The Role for Schools, Youth, and Families.*** Kevin R. Ronan, David M. Johnston. August 2005 (Springer-Verlag New York, LLC).
- ***Raising Our Children to be Resilient: A Guide to Helping Children Cope With Trauma in Today's World.*** Linda Goldman. December 2004 (Taylor & Francis, Inc.).
- ***Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child.*** Sam Goldstein. August 2002 (NTC Publishing Group).
- ***Resilience: Bouncing off, Bouncing Back.*** Robert Wandberg. July 2000 (Capstone Press).
- ***Resilience: Discovering a New Strength at Times of Stress.*** Frederic Flach. December 2003 (Hatherleigh Press).
- ***Resilience: Rebounding When Life's Upsets Knock you Down.*** Norman H. Wright. June 1997 (Gospel Light Publications).
- ***Resilience Across Contexts: Family, Work, Culture and Community.*** Ronald D. Taylor, Margaret C. Wang. May 2000 (Lawrence Erlbaum Associates, Inc.).

Books and Reading Materials (continued)

- ***Resilience and Development: Positive Life Adaptations.*** Meyer D. Glantz, J. L. Johnson. January 1999 (Kluwer Academic Publishers).
- ***The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles.*** Karen Reivich, Andrew Shatte. October 2003 (Broadway Books).
- ***Resilience for Today: Gaining Strength From Adversity.*** Edith Henderson Grotberg. October 2003 (Greenwood Publishing Group, Inc.).
- ***Resiliency in the Face of Disaster and Terrorism: 10 Things to Do to Survive.*** Alex V. Kehayan, Joseph C. Napoli. October 2005 (Personhood Press).
- ***A Resilient Life: You Can Move Ahead No Matter What.*** Gordon MacDonald. January 2005 (Thomas Nelson).
- ***The Resilient Spirit: Transforming Suffering into Insight and Renewal.*** Polly Young-Eisendrath. April 1997 (Perseus Publishing).
- ***The School Years: Assessing and Promoting Resilience in Children 2.*** Brigid Daniel, Sally Wassell. August 2002 (Kingsley, Jessica Publishers).
- ***Strengthening Family Resilience.*** Froma Walsh. September 1998 (Guilford Publications, Inc.).
- ***Total Renewal: 7 Key Steps to Resilience, Vitality, and Long-Term Health.*** Frank Lipman, Stephanie Gunning. April 2003 (Penguin Group).

6. Resist social or peer pressure:

Resist social or peer pressure, instead choosing to act on noble values and causes in meaningful ways. For example, you can write, speak out, participate in a protest, or join an activist organization.

7. Collect stories of resilient individuals:

Collect contemporary stories of resilient individuals in everyday life situations. Reflect what you can learn from them.

8. Identify possible causes of past three failures or disappointments:

Identify possible causes of past three failures or disappointments. Are there any patterns? Take some time to think deeply about how you can improve.

9. Plan/anticipate your actions before responding to a challenging situation:

When you face your next challenge, first imagine the best and worst scenarios and then decide the most realistic course of action. Taking the time to do this basic planning will ultimately save you time, since you will begin acting with a goal and a method of reaching it in mind.

10. Become self-aware of how you recall your past adversities:

Recall your last three adversities, traumas, or challenges. Objectively state (as much as possible) what, who, when, and where. Identify if you tend to exaggerate in explaining the event in your heart and head.

11. Determine if your recollections of past adversities lead to self-fulfilling prophecies:

For three events described in activity 10, are there any self-fulfilling prophecies; that is, the way you describe the event in your head and heart, leads you to a particular kind of actions or inactions? Connect your explanation with you actions and then write some positive, resilient alternatives.

12. Journal how you may be able to utilize “cognitive tactics” during challenging situations:

Resilient individuals tend to have the ability to switch cognitive tactics when faced with an uncontrollable situation. They quickly adopt a skeptical and analytical frame of mind, rather than giving up (helplessness). They assume that things will eventually work out. Explore, when and where you employ such tactics. Further, think about and record in a journal how you

Multi-Media (DVD's, CD's, Websites)

- ***The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life.*** Robert Brooks, Sam Goldstein. January 2005 (American Media International) – (CD)
- ***The Road to Resilience.***
<http://www.apahelpcenter.org/featuredtopics/feature.php?id=6>.
(Website)
- www.grieflossrecovery.com (Website)
- www.grief-recovery.com (Website)
- www.ultimateloss.org (Website)
- www.webhealing.com (Website)

may be able to use “cognitive tactics” in varying situations. By being prepared, and anticipating future applications, more likely than not, we will be more apt to using them.

13. Identify how your past adversities have lead to unexpected rewards:

Think of three past adversities and identify three serendipitous goods they led to. Be aware that you can feel retrospective gratitude even when you were upset at the time.

14. Monitor how you respond to interpersonal challenges:

Next time you encounter an interpersonal challenge or conflict, monitor: What happened? Who said what? And who did what? Move away from who is right or wrong (assumption of finding truth). Mostly there are not questions of right or wrong, but of interpretation and judgment. Moving away from the truth assumption facilitates asking questions, exploring how the other person is making sense of the world. Not only does it reduce the negative emotions, but it also generates positive emotions from a meaningful and mutually beneficial conversation.

15. Separate intense feelings from thoughts during difficult conversations: (See top-right column)

Separate intense feelings from thoughts during difficult conversations. Getting too deep and intense into feelings (and that too often) doesn’t facilitate cultivation of resilience. When you experience intense emotions, practice breathing exercises, which will enable you to reduce your heart rate, and calm your emotions. Research various deep-breathing exercises, and practice them on daily basis. By incorporating breathing exercises in your day-to-day activities, there will be a greater chance that you will employ such a technique when faced with adversity or overwhelming emotions.

Group Growth Activities

16. Surround yourself with friends and family during times of adversity:

Surround yourself with friends and family during times of adversity. Try to spend time with those who are future-minded and hearty through their hardships and learn from their successes.

17. Think about ways that you can become more flexible in your interactions with friends and family members:

Think about ways that you can become more flexible in your interactions with friends and family members. Assess how inflexible you are in the present, and make a plan to instill a more elastic approach to making plans, or functioning as a member of the group. By taking on a more flexible orientation, not only will your friends/family appreciate your willingness to cooperate, but you also will build your immunity against responding to loss in a defeating manner as well.

18. Build relationships with those that project a positive attitude:

Constantly try to build new relationships with those who project a positive attitude in their everyday dealings and interactions. By surrounding your self with positive, optimistic people, you can learn from them, and more likely than not bounce back from adversity more effortlessly with their support.

Family/Children Growth Activities

19. Talk to your child/children about facing adversity in a variety of applications:

Talk to your child/children about facing adversity in a variety of applications. Work together in coming up with a plan to overcome future stumbling blocks as they arise. Try to involve your child in this process as much as possible. Within your child's plan, emphasis his/her individual strengths that will serve as an arsenal against those inevitable road blocks to come.

20. Create an anthology of your family member's steps toward resiliency:

Present family members with an analogy of their steps to resiliency being an "emotional maze" that they are travelling through, in order to improve their resiliency toward their lost loved one, and current situation. Each family member would draw the "pathways" they would take in order to move forward through their rough times. These "pathways" can consist of activities, actions, emotions or anything they think of that can assist them with coping in their current situation. Please keep in mind that all of the "pathways" do not have to lead directly to a solution, rather they are an illustration of different coping mechanisms and emotions that might be experienced on their way to resiliency.

21. Write a story about your family's challenges and how you were able to accommodate them:

Each family member writes one family challenge that they think is improving and/or strengths that they already possess as a family. Fold each challenge/strength and put it in a bowl. Sit with your family, and have each person take out one piece of paper. Have everyone discuss how they think they are handling the challenge as a family. Make a list of these challenges, and the ways in which they are being handled. Together write a story as a family about your family and their challenges, and how you were able to deal with these issues.

Younger children- Younger family members can illustrate these issues, and the book can be used as a resilience reference for the entire family.

Workshops/Helpful Events to Attend

Hold The Door For Others' Annual Hold The Door Day:

Anyone who has experienced ANY type of loss is welcome. People connect with one another and learn skills through workshops, which are facilitated by gifted Growth Consultants and Keynote Speakers. For more information about when and where the next Hold The Door Day will be, go to www.holdthedoormap.com and click the events link.

Overcoming Adversity:

Craig DeMartino (motivational speaker) talks about his life-altering experience when he survived a life-threatening fall rock climbing. Both Craig and his wife give inspiration to those experiencing any type of adversity. You can schedule a program by going to www.afterthefallministry.com, and choosing the schedule link.

Relevant Movies/Music

- **Hoosiers** (Film)
- **Gladiator** (Film)
- **Million Dollar Baby** (Film)
- **Rudy** (Film)
- **The Shawshank Redemption** (Film)
- **"Alive"**, Pearl Jam, Album: Ten (CD)
- **"Fighter"**, Christina Aguilera, Album: Stripped (CD)
- **"Orinoco Flow"**, Enya, Album: Watermark (CD)
- **"I can see clearly now"**, Jimmy Cliff, Album: We are all one – Best of Jimmy Cliff (CD)
- **"Win"**, Brian McKnight, Album: Men of Honor Soundtrack (CD)



**HOLD THE DOOR
FOR OTHERS™**

OTHERS(S) CORE RESOURCE

Spirituality

<i>Definition:</i>	This resource can only be defined by you, as it is the most personal of all resources. An example of a personal definition is: the level of connectedness to people and the surrounding world. Spirituality may also be defined as the inner spirit and passion for relationships with others.
<i>Key Message:</i>	Spirituality is what gives you the strength to live with loss and move forward. Everyone has his or her own sense of spirituality.
<i>Key Skill:</i>	Leveraging your spirit: Personally define the passion within you that encourages you to thrive, and use it when ever possible. An example of this could be: <u>Personal Definition</u> : connectedness I share with others – <u>Application</u> : Try to strengthen bonds and deepen the roots of my relationships I share with others.

“The personal life deeply lived always expands into truths beyond itself.”

-- Anais Nin

Personal Growth Activities

1. Spend 10 minutes daily in breathing deeply, relaxing, and meditating:

Spend 10 minutes daily in breathing deeply, relaxing, and meditating (emptying the mind of thoughts by focusing on breathing). Observe how you feel afterward.

2. Read a spiritual or religious book every day for half an hour:

Read a spiritual or religious book every day for half an hour. Discuss the ideas in it with someone you trust and respect.

3. Note whether your everyday actions have any spiritual significance:

Note whether your everyday actions have any spiritual significance. If not, think about ways you can connect the two.

4. Explore a fundamental purpose of your life:

Explore a fundamental purpose of your life and link your actions to it. Each day, ask yourself if you accomplished anything toward fulfilling this purpose.

5. Reflect how your spiritual beliefs and practices connect you with others:

Reflect how your spiritual beliefs and practices connect you with others authentically. Find spiritual similarities with those you love.

Books and Reading Materials

- ***365 Prescriptions for the Soul: Daily Inspirations for Healing Mind, Body, and Soul.*** Bernie S. Siegel. November 2003 (New World Library).
- ***Boundless Healing: Meditation Exercises to Enlighten the Mind and Heal the Body.*** Tulku Thondup, Daniel Goleman. October 2001 (Shambhala Publications, Inc.).
- ***Finding Your Way After Your Spouse Dies.*** Marta Felber. February 2000 (Ave Maria Press).
- ***Finding Your Way Home: A Soul Survival Kit: Tools for Discovering Your Emotional and Spiritual Power.*** Melody Beattie. June 1998 (Harper San Francisco).
- ***Healing Emotions.*** Daniel Goleman. January 2003 (Shambhala Publications, Inc.).
- ***The Healing Power of Mind: Simple Meditation Exercises for Health, Well-Being, and Enlightenment.*** Tulku Thondup, Daniel Goleman. February 1998 (Shambhala Publications, Inc.).
- ***Intuition: Awakening Your Inner Guide.*** Judee Gee. June 2003 (Barnes and Nobel Books).
- ***Making Sense of Death: Spiritual, Pastoral, and Personal Aspects of Death, Dying, and Bereavement (Death, Value and Meaning).*** Gerry R. Cox, et al. June 2003 (Baywood Publishing Co. Inc.).
- ***The Meditative Mind: Varieties of Meditative Experience.*** Daniel Goleman. December 2005 (Penguin Group).
- ***The Restless Heart: Finding Our Spiritual Home in Times of Loneliness.*** Ronald Rolheiser. May 2004 (Doubleday Publishing).
- ***Seven Whispers: Listening to the Voice of Spirit.*** Christina Baldwin. October 2005 (New World Library).
- ***The Transformative Power of Crisis: Our Journey to Psychological Healing and Spiritual Awakening.*** Robert M. Alter, Jane Alter. March 2000 (Harper Collins Publishers).
- ***Understanding Grief: Helping Yourself Heal.*** Alan D. Wolfelt. July 1992 (Taylor & Francis Inc.).

Multi-Media (DVD's, CD's, Websites)

- www.afterthefallministry.com (Website) *A traumatic experience by rock climber, Craig DeMartino illustrates amazing resilience and a strong awareness of his new found spirituality*
- www.alternativeculture.com/spirit/enhance.htm (Website)
- **Emotional Alchemy:** How the Mind Can Heal the Heart. Tara Bennett-Goleman. July 2001 (Audio Renaissance) – (CD)
- **The Art of Meditation.** Daniel Goleman. January, 2001 (Audio Renaissance) – (CD)

Relevant Movies/Music

- **Contact** (Film)
- **Field of Dreams** (Film)
- **Ghost** (Film)
- **"Crossroads"**, Bone Thugs N Harmony, Album: Greatest Hits (CD)
- **"When I Look To The Sky"**, Train, Album: My Private Nation (CD)

6. List experiences that form strong connections in your life:

Make a weekly list of experiences that forge strong connections in your life. Be mindful of how you fit into the lives of others.

7. Write your eulogy:

Write your eulogy, or ask your loved ones how they would like to remember you. Do they mention your core strengths?

8. Personally define your inner strength:

*Think about how you could define your inner spiritual strength. Figure out how you can leverage that strength to pull you through times of adversity.

Group Growth Activities**9. Explore different religions:**

Explore different religions – take a class, do research on the Internet, meet a person of different religion, or attend the congregation of a different religion. Speak to people who practice this faith and get to know them as people.

10. Connect with people and organizations that enhance your personal strengths:

Connect with people and organizations that enhance your personal strengths. Think of ways to use your strengths to make people more aware of their own spirituality.

11. Build relationships with people who appreciate your ability to help them identify and solve problems:

Build relationships with people who appreciate your ability to help them identify and solve problems. Rely on them and let them rely on you. Be aware of the level of trust in your relationships.

Family/Children Growth Activities**12. Identify ways in which you can describe your family to others:**

Have everyone in your family get together and think about three ways they would describe their family to other people. Use these descriptions as guidelines to create a collage that reflects the spirit of your lost loved one, and the spirit of the family. You can include pictures from magazines, family pictures, drawings, etc.

13. Think about the type of spirit your lost loved-one possessed:

Have everyone in your family sit in a circle and think of one word that would describe the type of spirit the lost loved one possessed. The family members will take turns sharing the word they picked, and why. **Example Word:** Expressive. **Example**

Reason: Because dad would not bite his tongue. He would always give you his opinion.

14. Encourage your child to illustrate his/her vision of what spirituality looks like:

(Activity for young children): Parents introduce their child to the concept of spirituality, and how it can connect to the loss of their loved one. Emphasize the idea that a person's spirituality can give them strength to live with the loss of the loved one, and help them cope and move forward. **Activity:** The child can draw their vision of spirituality, or create an animation, picture, or character of what they perceive spirituality looks like. A child can also use the idea of creating a superhero named "spirituality," and listing its characteristics, beliefs, and actions.

Example name of superhero: Super Spirituality. **Description of the superhero:** It could be drawn as a stick figure with a yellow halo around his head and two yellow halos (bracelets) around his wrists. The superhero could have a long flowing yellow cape, with the initials "SS" on them, etc. **Goals of Superhero:** Super Spirituality's goals could be to help kids and parents cope with the loss of a loved one. He will sit and talk with them about their emotions. Whenever he hears a person crying, (because they miss a lost loved one), he will come to their rescue, and help fight against damaging sad emotions. He will do this by reminding them that the spirit of their lost loved one will always remain in their heart. He can also remind the

person that it is OK to feel multiple types of emotions, but that they are strong and resilient, and that they will get through their hard times.

Workshops/Helpful Events to Attend

Hold The Door For Others' Annual Hold The Door Day:

Anyone who has experienced ANY type of loss is welcome. People connect with one another and learn skills through workshops, which are facilitated by gifted Growth Consultants and Keynote Speakers. For more information about when and where the next Hold The Door Day will be, go to www.holdthedor.com and click the events link.

LifeTools (Workshop):

The Lifetools workshop equips you with both knowledge and tools so that you may lead a more spiritual life. Some topics that are discussed in the workshop include: Emotional Healing, Meditation, Personal Effectiveness, Diet – Exercise – Health, Relationship and Communication Skills, Conscious Breathing, and Prosperity to name a few. For more information about the workshop, go to www.lifetool.com/workshop.htm. You will find pricing, location, and schedules for upcoming events. You can reach LifeTools by phone at: 1-888-229-9925 in Atlanta Georgia, and may be reached by phone at 770-618-4474.

Choose one of the activities from this Foundational Resource (Spirituality) and journal your reflections and results from the activity.



HOLD THE DOOR
FOR OTHERS™

OTHERS(S) CORE RESOURCE

Self-Confidence

<i>Definition:</i>	Self-Confidence is your belief in yourself and your personal resources.
<i>Key Message:</i>	Self-Confidence is the key that unlocks most doors. If you believe in yourself and your abilities, you increase your chances of succeeding, tremendously.
<i>Key Skill:</i>	<i>Canning the T:</i> Think about how you “can” accomplish something. Instead of saying “I can’t”, think about a smaller step toward your goal and figure out what you “can” do in the present and grow from there. “Can’t is can with the T. Therefore, you have to can the T.”

“I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.”

-- Anna Freud

Books and Reading Materials

- ***The 5 Secrets of Self-Love.*** Grant Trevithick. January 2003 (Quantum Spirituality Press).
- ***Believing in Yourself: A Practical Guide to Building Self-Confidence.*** Erik Blumenthal. November 1997 (Oneworld Publications).
- ***Complete Confidence.*** Sheenah Hankin. May 2005 (Harper Collins Publishers).
- ***Confidence Booster Workout: 10 Steps to Beating Self Doubt.*** Martin Perry. March 2004 (Advanced Global Distribution).
- ***Confidence: Finding It and Living It.*** Barbara De Angelis. November 2005 (Hay House, Inc.).
- ***The Confidence Plan: How to Build a Stronger You.*** Timothy E. Ursiny. April 2005 (Sourcebooks, Inc.).
- ***Essential Lifeskills: Increasing Your Self Confidence.*** Phillipa Davies. March 2003 (DK Publishing, Inc.).
- ***Esteemable Acts: 10 Actions for Building Real Self-Esteem.*** Francine Ward. January 2003 (Broadway Books).
- ***How to Succeed at Being Yourself: Finding the Confidence to Fulfill Your Destiny.*** Joyce Meyer. October 2002 (Warner Books, Inc.).
- ***I Think I'm Hopeless...but I Could Be Wrong: A Guide to Building Self-Confidence.*** Joseph G. Perino. January 1996 (River Press).
- ***The Optimistic Child: Proven Program to Safeguard Children from Depression & Build Lifelong Resistance.*** Martin E. Seligman, et al. August 1996 (Harper Collins Publishers).
- ***Self Esteem Games: 300 Fun Activities That Make Children Feel Good About Themselves.*** Barbara Sher. September 1998 (Jossey-Bass Inc.).
- ***Stand up for Your Life: A Practical Step by Step Plan to Build Inner Confidence and Personal Power.*** Cheryl Richardson. May 2003 (Simon & Schuster Adult Publishing Group.).
- ***What's Holding You Back?: 30 Days to Having the Courage and Confidence to Do What You Want, Meet Whom You Want, and Go Where You Want.*** Sam Horn. March 2000 (St. Martin's Press).

Personal Growth Activities

1. **Write down your Growth Steps and reasons why you can achieve them:**

Think about your Growth Steps you have developed (*from the Self-Challenge resource activity section*). Write down at least five reasons why you know you will be able to achieve your Growth Steps. In this process, note some potential barriers that may pop in your way, and plan how you will use your strengths in combating them.

2. **Make realistic goals:**

When making goals or objectives, be sure that they are realistic and attainable. By setting the bar too high, you can easily threaten your level of self-confidence.

3. **Be true to yourself:**

Don't be afraid to be different while still being positive. Act in ways that make you feel true to your beliefs and personality.

4. **Befriend people who equip you with different perspectives:**

Don't be afraid to befriend someone who is different. Having friends that share different opinions or perspectives can help you maintain a fresh perspective on daily life events. When we are equipped with multiple perspectives, we are more likely to respond to situations more objectively.

5. **Recognize your moral convictions:**

Identify your area of strongest moral convictions. Set your long-term priorities according to these convictions.

6. **Find roles that allow you to use your best qualities:**

Seek roles with clear structure that allow you to be confident, authentic and honest. Pursue positions in organizations that value your skills.

7. Create goals that employ your talents:

*Try to make the most of your personal strengths. Set challenging goals that utilize your talents. Orient yourself toward personal growth and development. See yourself taking part in something that provides value to you and others you impact. Make it a personal goal, and actively take steps to attain it.

8. Be genuine when relating to others:

Think of creative yet confident ways of relating to others. Present yourself in a manner that makes you feel authentic.

9. Defend someone who needs help:

Stand up for someone who is being treated unfairly.

10. Participate in community events:

Help coach Little League or other youth sports even if you don't have a child playing. Emphasize group harmony and dynamics over competition and winning.

11. Help clean up your local area:

Gather and lead a group to clean a local park or cemetery. Give enthusiastic participants the chance to organize their own cleaning projects in the future.

12. Improve your confidence:

Make a list of possible ways that you could improve your confidence. Ask people whom you have led in the past for their input.

13. Take a different approach to activities:

Do something that you already do, but with more energy, including some creative and different elements. Throw yourself into the activity.

14. Congratulate yourself:

Take time to celebrate your next two accomplishments and victories. Invite others to celebrate with you without coming off as boastful.

15. Be authentic:

Express yourself in a simple and plain manner that touches people.

16. Discover your uniqueness:

Instead of being a jack-of-all-trades and master of none, find your uniqueness. This will boost your self-confidence more than anything. Anchoring your uniqueness frees from struggle of accomplishing a lot.

Multi-Media (DVD's, CD's, Websites)

- **Develop Your Self Confidence.** Glenn Harrold. June 2002 (Diviniti Publishing) – (CD)
- **Overcoming Obstacles: A Self-Hypnosis Journey for Unlocking Creativity, Self Confidence and Self Esteem,** Melissa Rose (CD)
- <http://chetday.com/confidenceseelfesteem.htm> (Website)
- www.mindtools.com/selfconf.html (Website)
- www.selfgrowth.com/articles/Plenty6.html (Website)
- www.selfgrowth.com/articles/Molineux11.html (Website) - Building self esteem in children

Relevant Movies/Music

- **“Get on your Feet”**, Gloria Estefan, Album: Gloria Estefan: Greatest Hits (CD)
- **“I Believe I Can Fly”**, R. Kelly, Album: “Space Jam” Soundtrack (CD)
- **“I’m a Believer”**, Smash Mouth, Album: Smash Mouth (CD)

Group Growth Activities**17. Choose to be a leader:**

Lead an activity, assignment or project and actively solicit opinions from group members.

18. Perform in front of a group:

Sing in a choir, play an instrument, or act in a play. Enjoy the rush that comes from performing in front of others.

19. Exercise with others:

Lead a group of friends in a fitness activity such as weekly jogs, or mountain biking trips. By simply taking part in exercise in general, our confidence goes up and many times we feel much better about ourselves and the obstacles we face.

20. Make independent decisions:

Try not to rely solely on the opinions of others to make your decisions at work and home. While it’s essential to gain insight from others, especially at work, place an emphasis on evaluating yourself independently. By doing so, you will have a stronger sense of self, and boost your personal power as well.

21. Don’t be afraid to ask for help:

Try to take on an orientation where you leverage resources that are available to you. In many cases, our resources are people we

know, whether they are in a work setting or a personal relationship. By calling upon others to help you in times of need, we express our confidence in ourselves, as we accept that we aren’t experts in every field, and value others contributions in our efforts to attain personal and group objectives.

Family/Children Growth Activities**22. Identify each family member’s personal strengths:**

Have everyone in your family gather in a circle, and come up with at least three personal attributes that have made them successful in a particular activity(s) in the last week. Have each family member come up with his/her own attributes. If anyone is challenged in their efforts, encourage that person by giving him/her examples of activities where he/she exhibited a particular strength(s). Once everyone describes his or her own personal strengths, have everyone give individual feedback to someone else, describing at least one additional personal strength they see in that person. Explain why that quality has made that person successful and provide supporting examples.

23. Create a chart identifying each family member’s positive characteristics and activities they do well:

Create a 3-column chart for each family member. Label the first column of this chart “activities and actions.” In this column should be a list of activities and actions that this person does well or is a good deed (e.g., voluntarily helping little sister with her homework). The second column should be labeled, “Positive characteristics/traits,” and should list the positive characteristics or traits that correspond with the previous column listings (e.g., helpful/caring). The last column should be labeled, “other activities, actions, and/or characteristics,” and should consist of a list of other activities this person should do well in, based on the previously stated characteristics/actions (e.g., helping out around the house, or talking to family members and making sure they know you are available if they need you). Sit down in a circle with your family and tape one chart to the back of each person’s

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Mind-Body Dynamics: (Self-Confidence Workshop):

Participants take part in a 2-hour workshop concentrating on the following: How confidence and self-esteem are created, developed and eroded; how to cope with set-backs and pain; creating more realistic and positive ways of viewing and relating to oneself; learning specific techniques for increasing self-confidence and self-esteem. To learn more about this and other programs provided by Mind-Body Dynamics, go to www.mind-bodydynamics.com/Classes.htm. You can reach them by phone at: 812-760-7011 or Email: mindbodydynamics@insightbb.com.

Choose one of the activities from this Foundational Resource (Self-Confidence) and journal your reflections and results from the activity.

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**HOLD THE DOOR
FOR OTHERS™**

OTHERS(S) CORE RESOURCE

OTHERS(S)

<i>Definition:</i>	OTHERS(S) ties all of your personal resources together, and emphasizes relationships. This resource is the most important by far. It is your ability to build relationships in your social-network, and heal through helping others.
<i>Key Message:</i>	The world revolves around relationships. The more positive relationships you create, the more happiness for yourself you will create.
<i>Key Skill:</i>	<i>Hold the Door for Others:</i> By reaching out and connecting with others, people can often heal and grow through loss. Put this skill into action by volunteering to help someone in any way you can.

“It’s all about relationships.”

-- Dr. Albert J. Petitpas

Personal Growth Activities**1. Impact a friend or loved one's life by expressing a thoughtful gesture:**

At least once a week, think about how you could impact a friend or loved one's life by expressing a thoughtful gesture. For example, you could write your friend/loved-one a small thank you note expressing your gratitude for the relationship you have with that person. This "thank you" may also include appreciation for the support that person has given you in the past.

2. Become aware of those in need:

Try to become more mindful of those that are in need around you in your environment. Think about ways that you could aid them in their pursuits to attain emotional and physical security. You may want to research your local charitable organizations, and see what role you could play that utilizes your particular strengths and interests.

3. Work on your listening skills:

When communicating with others, pay extra attention to what they are saying, and the feelings that are being projected in their words and body language. Many times, especially when time is limited, we overlook the implicit meaning within one's statements. Sometimes those that are in need are reluctant to be explicit with their mishaps. As a result, it is particularly important to put emphasis on your listening skills and take the time to connect on a deeper level with those that we interact with.

4. Express your unconditional love for your loved ones:

Express (verbally and/or non-verbally) to your loved ones that no matter what happens, your love for them will remain unconditional. Let all of your interactions rest on this firm foundation.

5. Focus on the motives of your loved ones, rather than their behaviors:

Focus on the implicit motives of your loved ones, rather than their behaviors. Try to see how their temporary moods, rather than their permanent dispositions, influence actions that seem hurtful. Embrace their dispositions and accept that their moods will fluctuate.

6. Express your love through meaningful gifts:

Express your love through gifts. When possible, create gifts yourself containing personal meaning, rather than buying them.

7. Celebrate important occasions:

Always celebrate days or occasions that are mutually important. Arrange special events, such as trips and parties, for birthdays and anniversaries.

8. Help your loved ones with a self-improvement plan:

Help your loved ones with a self-improvement plan (e.g., a new class, weight loss, exercise, a new career). Be encouraging but not pushy.

9. Identify your loved ones strengths:

If you want to help your loved ones, first consider their strengths. Design your help around their strengths.

10. Volunteer weekly:

Volunteer weekly for a community service project in your town, one that deals with what you are best at. Find new friends through it who share your passion.

11. Help someone yearly to set goals and check on their progress:

Help at least one person yearly to set goals and periodically check on their progress. Offer help and encouragement whenever

you think it is needed. If the person wishes to reciprocate, allow them to help you achieve one of your own goals

12. Arrange or attend social gatherings:

Arrange or attend at least one social gathering monthly. Try to bring people from different parts of the community together.

13. Share your car:

Car pool or give someone a ride to work regularly. Think of your

car as less of a possession and more of a resource to be shared.

14. Do random acts of kindness for people you know:

Do three random acts of kindness per week for those whom you know. Consider doing small favors for friends and neighbors, calling sick or sad friends, getting groceries for a friend busy in exams, cooking a meal for an elderly relative, or baby-sitting.

15. Do a random act of kindness for someone you don't know:

Do one random act of kindness weekly for someone you don't know. Consider letting someone ahead of you in line,

16. Communicate with kinder and softer words:

Say kinder and softer words to people when interacting through email, writing letters, or talking on the phone. Be aware that communication over distance requires different types of gentleness than face-to-face communication.

17. Share your belongings with others:

Share your belongings with others (e.g., lawn mover, snow blower, jump cables). Offer to help them if they don't know how to operate equipment or go about accomplishing a task.

18. Make an inventory of your possessions:

Make an inventory of your possessions, keep only what you absolutely need, and donate the rest. Observe whether owning fewer unnecessary possessions affects your mood or your concept of self.

19. Volunteer:

Donate your time to others through helpful actions. Find a local volunteer organization, and start a project of your own, or simply find time to do random acts of kindness for others.

20. Greet people openly: (See top-left column on next page)

Books and Reading Materials

- ***A Path Through Loss: A Guide to Writing Your Healing and Growth.*** Nancy C. Reeves. April 1999 (Renton's International Stationary, Inc.).
- ***Back to Basics: 101 Ideas for Strengthening Our Children and Our Families.*** Brook Noel. March 1999 (Champion Press).
- ***Communicating Social Support (Advances in Personal Relationships).*** Daena J. Goldsmith, Harry Reis. October 2004 (Cambridge University Press).
- ***The Courage To Trust: A guide To Building Deep And Lasting Relationships.*** Sue Patton Thoele. January 2005 (New Harbinger Publications).
- ***Growth Through Loss: Promoting Healing and Growth in the Face of Trauma, Crisis, and Loss.*** Robert J. Fazio, Lauren M. Fazio. *Journal of Loss and Trauma*, 10(3), (2005) – May be viewed at www.holdthEDOOR.com under the resources link.
- ***Helping Children Manage Loss.*** Brenda Mallon. January 1998 (Kingsley, Jessica Publishers).
- ***Life skills: 8 Simple Ways to Build Stronger Relationships, Communicate More Clearly, and Improve Your Health.*** Redford Williams, Virginia Williams. May 1999 (Three Rivers Press).
- ***The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships.*** John Gottman. June 2002 (Three River Press).
- ***Sacred Self, Sacred Relationships: Healing the World for Seven Generations.*** Blackwolf Jones, Gina Jones. February 2002 (Hazelden).

Greet others with a smile. When you ask people how they are, really listen for their response rather than conversing on “autopilot.”

21. Hold The Door For Others:

While driving, give way to others and be courteous of pedestrians and bicyclists. When entering or exiting buildings, *hold the door for others*.

22. Help a stranded motorist:

Help fix someone’s flat tire or offer your cell phone to a stranded motorist. Carry jumper cables and flares in your trunk in case you need to help someone on the road.

23. Be aware of your role in the community:

Fix a community apparatus (such as playground equipment) even if you did not break it. Be aware of your role as a member of the community.

24. Express your appreciation for your friends and family:

*When friends or family show their concern for you in any way, be sure to express your appreciation for their interest and concern they have for you. Save all of the correspondence you receive from others, so you will be able to come back to them at any time, especially when you are feeling down.

25. Record what would be helpful for you in your time of need:

*Brainstorm and record what would be particularly helpful for you in your time of need. This may be a service, product, resource, etc. Share your list with others who ask how they can be of assistance to you. When your friends and family are equipped to help you with your specific needs, more likely than not, there will be much less frustration or anguish in guessing what it is you may need assistance with.

Multi-Media (DVD’s, CD’s, Websites)

- **www.holdthEDOOR.com** (Website) – Hold The Door For Others is a non-profit organization inspired by the events that took place on September 11th. Hold The Door’s mission is to empower people to grow through loss of any kind, and achieve their dreams. In essence, Hold The Door equips people struggling with loss to not only survive their loss, but also to grow through their loss in the process by reaching out and helping others. Phone: 1-888-314-3667; Email: info@holdthEDOOR.com
- **www.familiesofseptember11.org** (Website) – Families of September 11 strive to support families and children by providing resources, and advocacy to raise awareness about the effects of terrorism and public trauma. In addition, this organization aims to reach out to victims of terror worldwide. Phone: 866-367-1146; Email: info@familiesofseptember11.org
- **www.helpguide.org/mental/helping_grieving.htm** (Website) Information on how to help someone who is grieving
- **www.helping-others.org/** (Website)
- **www.911wvfa.org** (Website) – The September 11th Families’ Association provides support to victims of terrorism through emphasizing communication, representation, and peer support. Their mission is to unite the September 11th community, present evolving issues, and share resources for long-term recovery. Phone: 888-424-4685; Email: info@911wvfa.org
- **www.voicesofseptember11.org** (Website) – This organization supports those who were affected by 911 and any other act of terrorism, promotes public policy reform for prevention, preparedness and response to terrorism, and facilitates positive relations and best practices with all countries confronting terrorism. Phone: 203-966-3911; Email: beverlyeckert@hotmail.com
- **www.webmd.com/content/article/52/49992.htm?y=1** (Website) – “Building Healthy Relationships”
- **www.wtcunited.org** (Website) – The WTC United Family Group strives to provide emotional support to it’s members, protect the legacy and memory of the victims of the September 11th attacks, ensure an authentic perpetuation of historic events, and promote civic participation within the community and general public. Phone: 866-498-2834; Email: amg@wtcunited.org

Relevant Movies/Music

- “Any Time You Need a Friend”, Mariah Carey, Album: Greatest Hits (CD)
- “I Will Follow”, U2, Album: The Best of 1980-1990 (CD)
- “I’ll Be There For You”, Rembrandts, Album: Choice Picks (CD)
- “I’ll Be There”, Weekend Players, Album: Pursuit of Happiness (CD)
- “Song for the Lonely”, Cher, Album: Living Proof (CD)
- “Stand By Me”, John Lennon, Album: Working Class Hero – The Definitive Lennon (CD)
- “That’s What Friends Are For”, Dionne Warwick, Album: The Definitive Collection (CD)
- “You’ve Got a Friend”, James Taylor, Album: Greatest Hits (CD)
- “Whenever I Call You Friend”, Kenny Loggins and Stevie Nicks, Album: The Essential Kenny Loggins (CD)
- *As Good as it Gets* (Film)

Group Growth Activities**24. Socialize as often as possible:**

*Socialize as often as possible while all at once following the advice of your doctors and therapists. You may want to schedule a bi-weekly visit to a local venue such as a bar/lounge. Always try to include friends who display a positive attitude and foster the best in you.

25. Surprise a friend:

Take out a friend(s) on a surprise dinner and pay for it. Savor the satisfaction that you feel from the enjoyment your friend’s display.

26. Volunteer in a poor neighborhood: (See top-right column)

Volunteer to deliver Meals on Wheels in a poor neighborhood. Take time to talk to the people you interact with.

27. Volunteer for organizations such as Big Brothers, Big Sister’s and Habitat for Humanity:

Volunteer for activities such as serving as a Big Brother or Big Sister or constructing a Habitat for Humanity house. Encourage friends and neighbors with spare time on their hands to accompany you.

28. Seek a role in an organization or club that brings people of diverse cultures closer:

Seek a role in an organization or club that brings people of diverse cultures closer. Note how various cultures interact within your community.

29. Facilitate a group discussion:

Facilitate a group discussion and attempt to achieve consensus on a conflicting issue. Regardless of whether an agreement is reached, come away from the discussion having learned more about people with different views on the issue.

30. Engage in a favorite activity together:

Engage in a favorite activity together, such as hiking, going to an amusement park, biking, walking in the park, swimming, camping, or jogging. If you can’t think of a mutual favorite activity, pick one to try together.

Family/Children Growth Activities**31. Facilitate an activity that teaches people are different:**

Pass out a chocolate chip cookie to each child (most appropriate for young children). Ask them to see if any two cookies have the same exact chocolate chips (hopefully they won’t). Use this to explain to children that like cookies, no two children or people are exactly the same. You could relate this to race, culture,

religion, children with special needs, etc. Describe to them that, although a child can be different from them, it is great to be friends and be kind to them and help them out if they need it.

32. Volunteer as a family:

Spend one day a month as a family participating in an activity that helps to care for others. Examples include: visiting a nursing home, volunteering at a soup kitchen, helping to pick up garbage, etc. Let children think of ways they would like to do this and encourage them to do this throughout the month as well

33. Attend your child's activities:

Attend your child's sporting events or performances (recital, play, etc) together. Make a videotape for posterity.

34. Explore the strengths of your loved ones:

Explore and appreciate the strengths of your loved ones. Verbalize at least some of what you think in this area.

35. Create a family blessing journal:

Make a family blessing journal in which everyone writes good things that happen to them daily. One night a week, read aloud some of the best things from the previous seven days.

36. Record cherished memories:

Tape record your parent's earliest recollections and share them with your children. Help your family record their cherished memories in a similar manner.

37. Help your loved ones plan their future:

Help your loved ones plan their future by helping them identify their core strengths. Then, collaborate to design a future based on those strengths.

38. Enjoy your partner's company:

Go out with your partner for brunch or dinner. Hire a babysitter for your children or leave them with a trusted relative, and simply enjoy each other's company.

39. Arrange a date with a companion that celebrates both of your notable strengths:

Arrange a date with a companion that celebrates both of your most notable strengths. Discuss ways in which your strengths complimented each other during the date.

Workshops/Helpful Events to Attend

Hold The Door For Others' Annual Hold The Door Day:

Anyone who has experienced ANY type of loss is welcome. People connect with one another and learn skills through workshops, which are facilitated by gifted Growth Consultants and Keynote Speakers. For more information about when and where the next Hold The Door Day will be, go to www.holdthedoor.com and click the events link.

**World Trade Center United Family Group (WTCUFG),
Oklahoma City/September 11th Family Exchange:**

Since it's inception in March of 2002, The Oklahoma City/September 11th Family Exchange is a peer support program that helps unite the September 11th community with members of the Oklahoma City bombing community. This event is held twice a year, typically during the months of April and September. Through both events, peer support activities are held to promote healing and connection with others. Other activities include a welcome dinner, support groups, panel discussions, and visits to respective memorials and commemorative ceremonies. Phone: 732-292-2910; Email: amg@wtcunited.org.

* **Note:** Activities with an (*) were inspired by "*Sudden Trauma! When Life Will Never Be the Same Again: Revolutionary Principles for Healing Emotional Wounds*", authored by Woolley, F. Ross. Pages 179-180. (March 1, 2000)



Hold The Door For Others™, Inc. is a nonprofit organization inspired by the acts of Ronald C. Fazio, Sr., who was last seen holding the door for his colleagues to escape the World Trade Center on September 11.

Hold The Door For Others™ is dedicated to empowering people to grow through loss and adversity and achieve their dreams.

The Hold The Door Team provides resources and hosts events for people regardless of how they lost a loved one or the adversity they face. You can stay connected to us and learn more about Hold The Door through our website.

www.HoldTheDoor.com



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FOR OTHERS™**

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