



I WOULD REALLY LIKE TO – BUT I CAN'T

THE RETURN OF MY COURAGE AND CONFIDENCE

ENGLISH



WELCOME!

It's not easy to go back to normal life after difficult experiences such as violence, either far away or close-by, like in your own family, in war situations or while fleeing. Many things may have changed in your life and sometimes you are not sure about yourself anymore.

EMOTIONAL INJURIES – TRAUMA

We all know injuries of the body: bruises after being hit, burns when our skin has come in touch with something too hot, cuts when something sharp or spiky has hit our skin...

In the same way the body can suffer from injuries, the soul can also be injured. Injuries of the body can be seen. Emotional injuries are invisible and therefore much harder to understand: for the injured person and for others, too. This story is about such an emotional wound. There might be things that frighten you, because they remind you of a hard time? Something making you really sad and you don't want to talk about it? Other people don't understand why you don't feel like doing something you liked doing before? You feel you want to be alone - or on the contrary – you always need someone close by? As you will soon see, this happens to other girls and boys as well! We hope you're going to like the story!

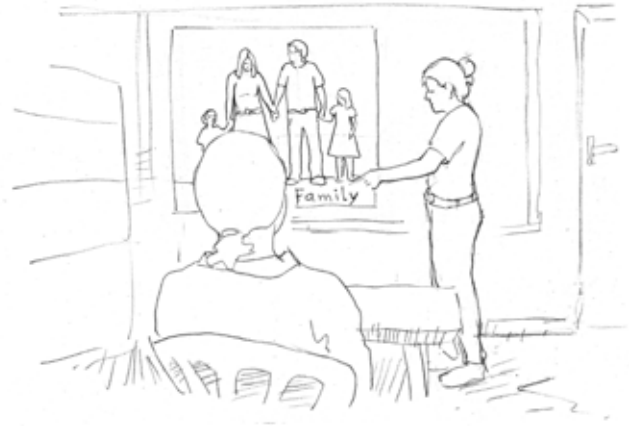
GENERAL CONCEPT:

In several stories we talk about problems after emotional injuries – about sleeplessness, anxiety, anger, feeling aggressive or sad, grief, difficulties remembering things and concentrating, distressing memories and other topics. We also offer suggestions about what could help.

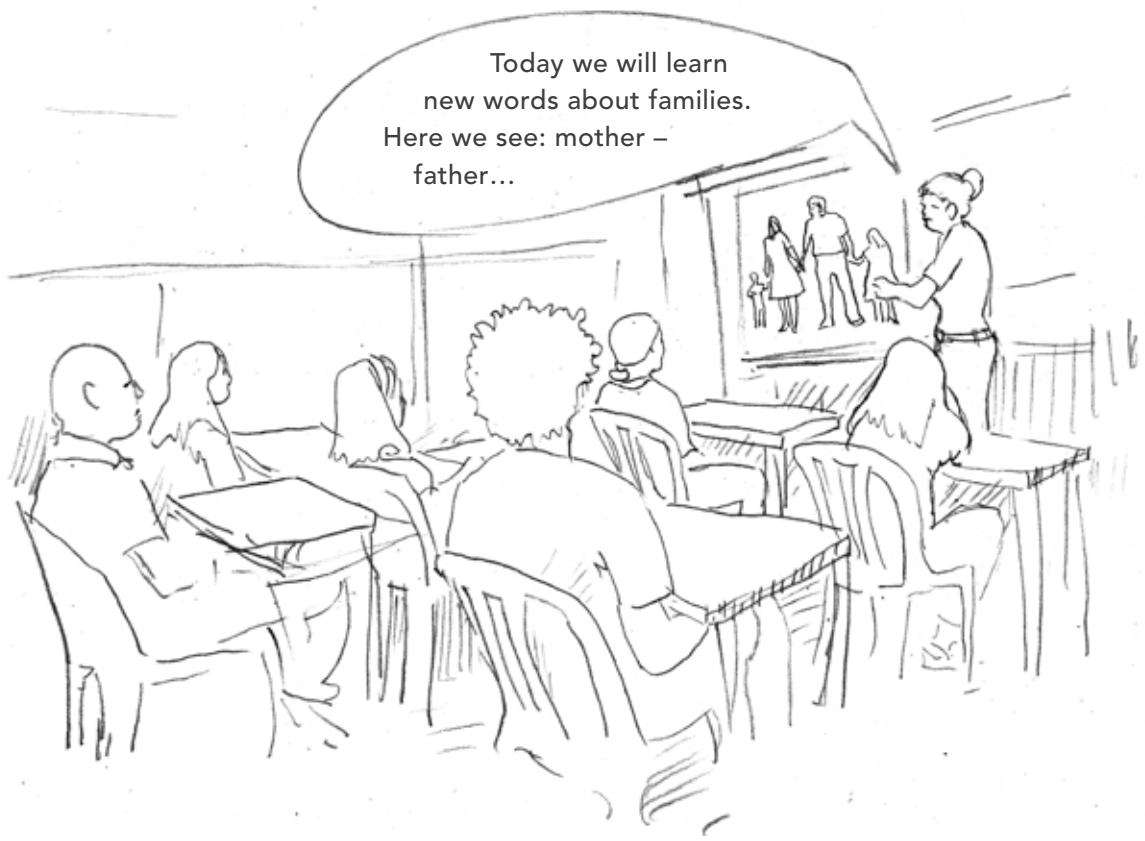


This is Saya. She is 14. She is a good student.
But for some time now she has had problems at school and at home as well.

The English class starts...



Today we will learn
new words about families.
Here we see: mother –
father...

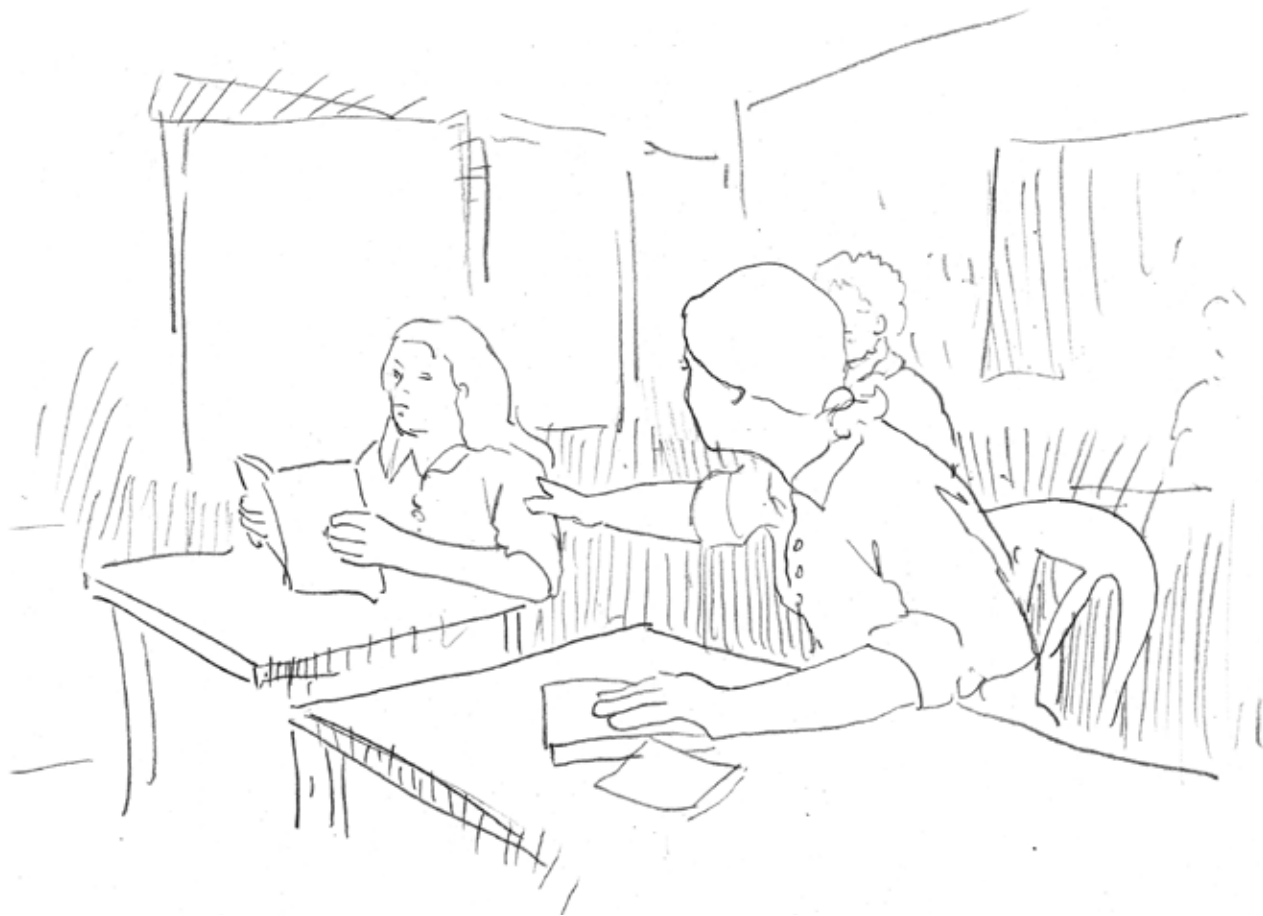














On the way home...







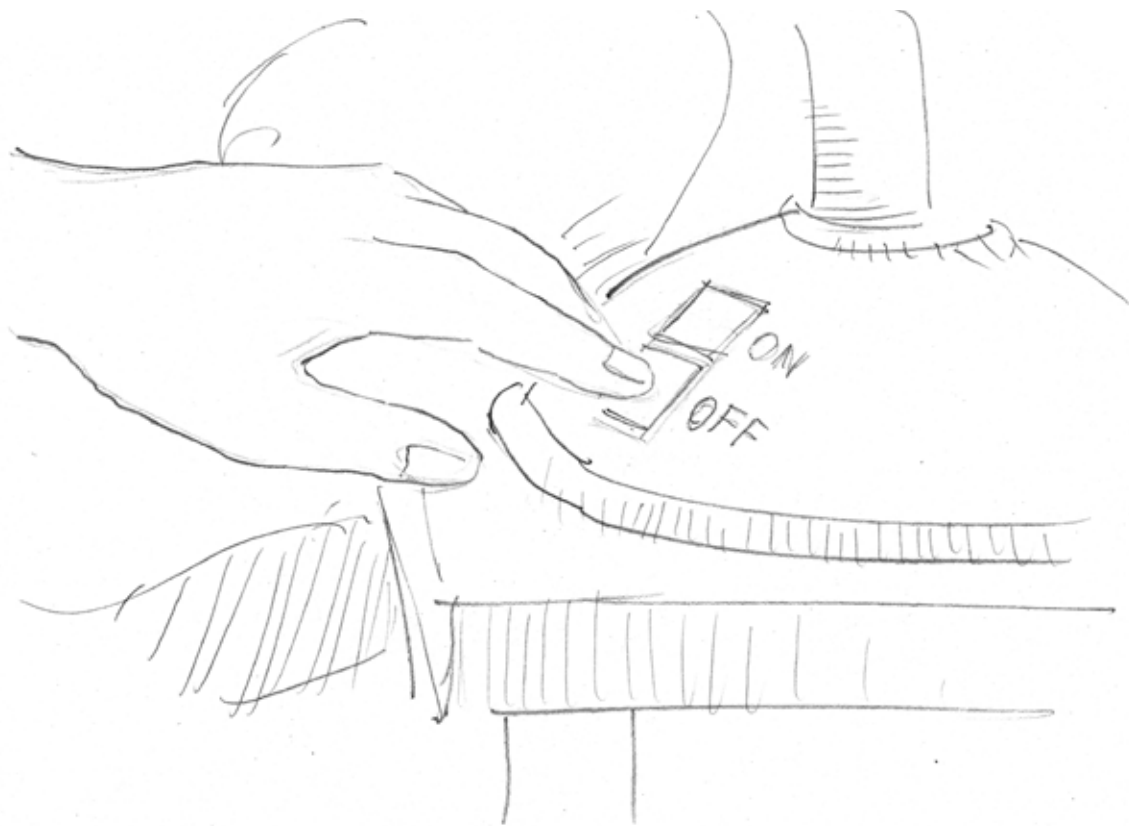
What's wrong
with you?



At night at home...

I don't want to leave
the light on again.
Please turn it off,
I want to sleep!



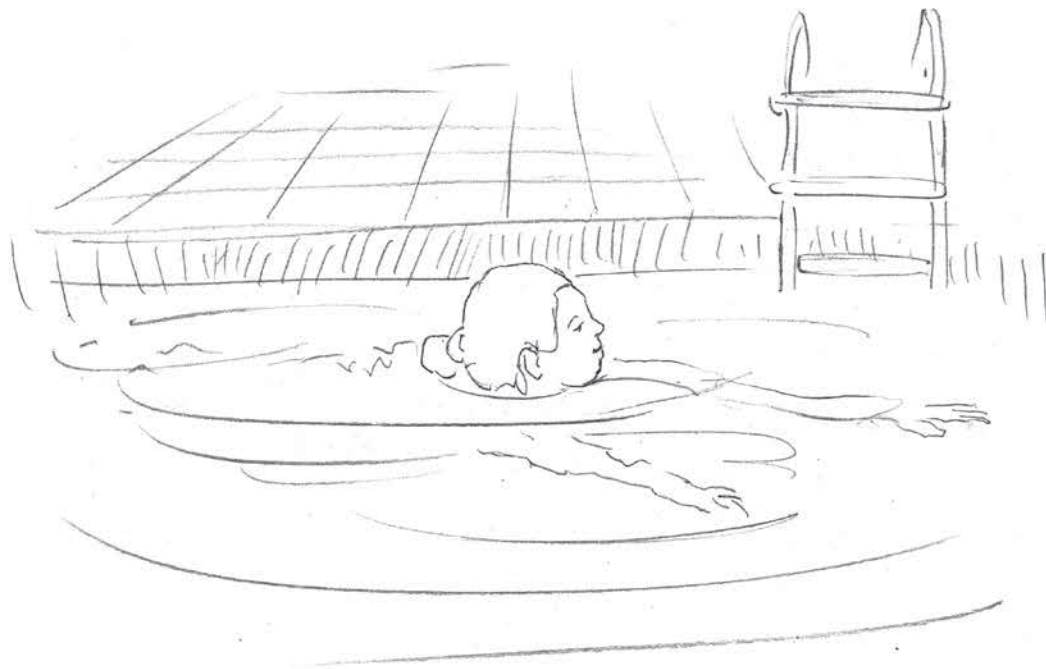


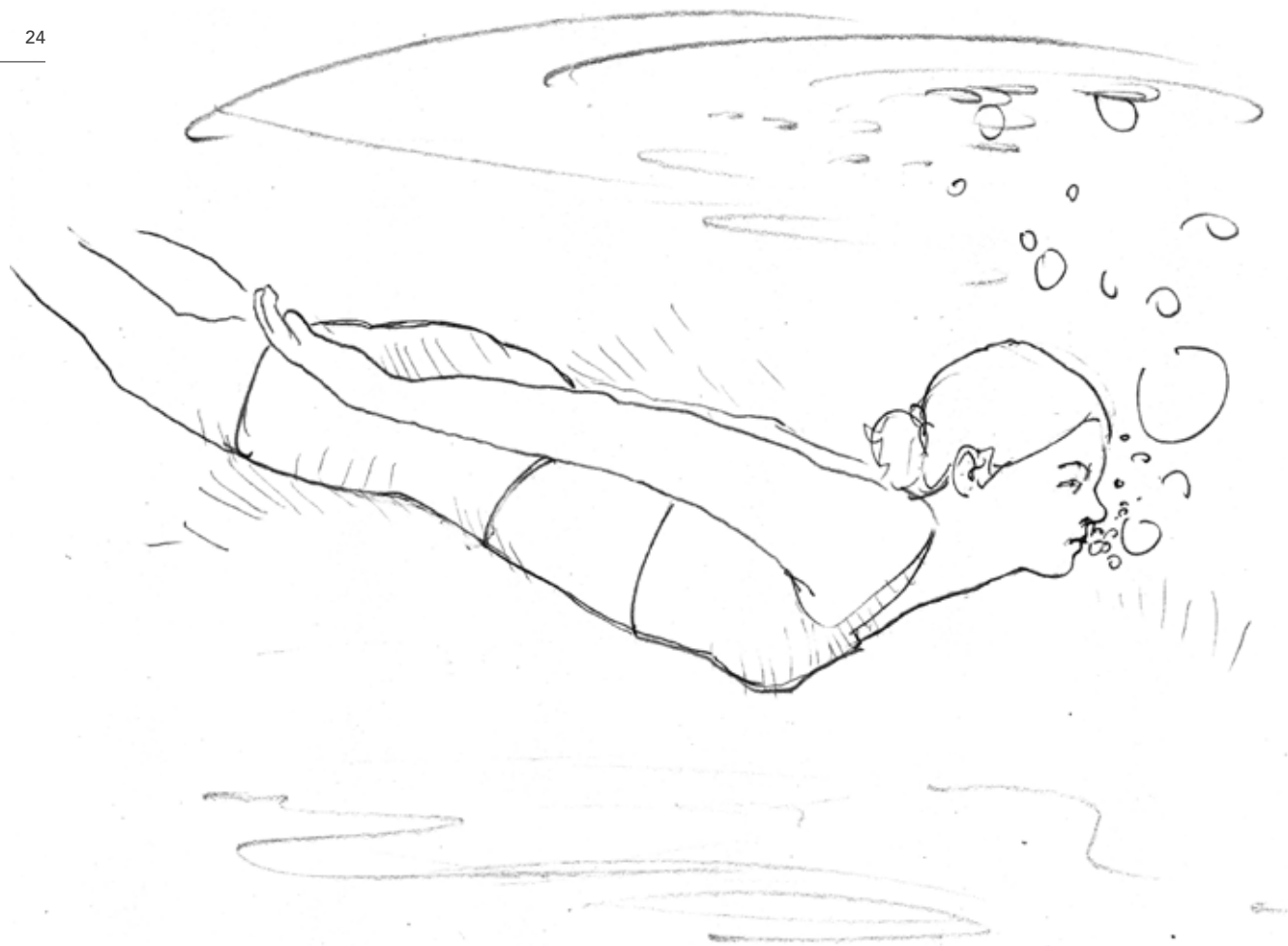






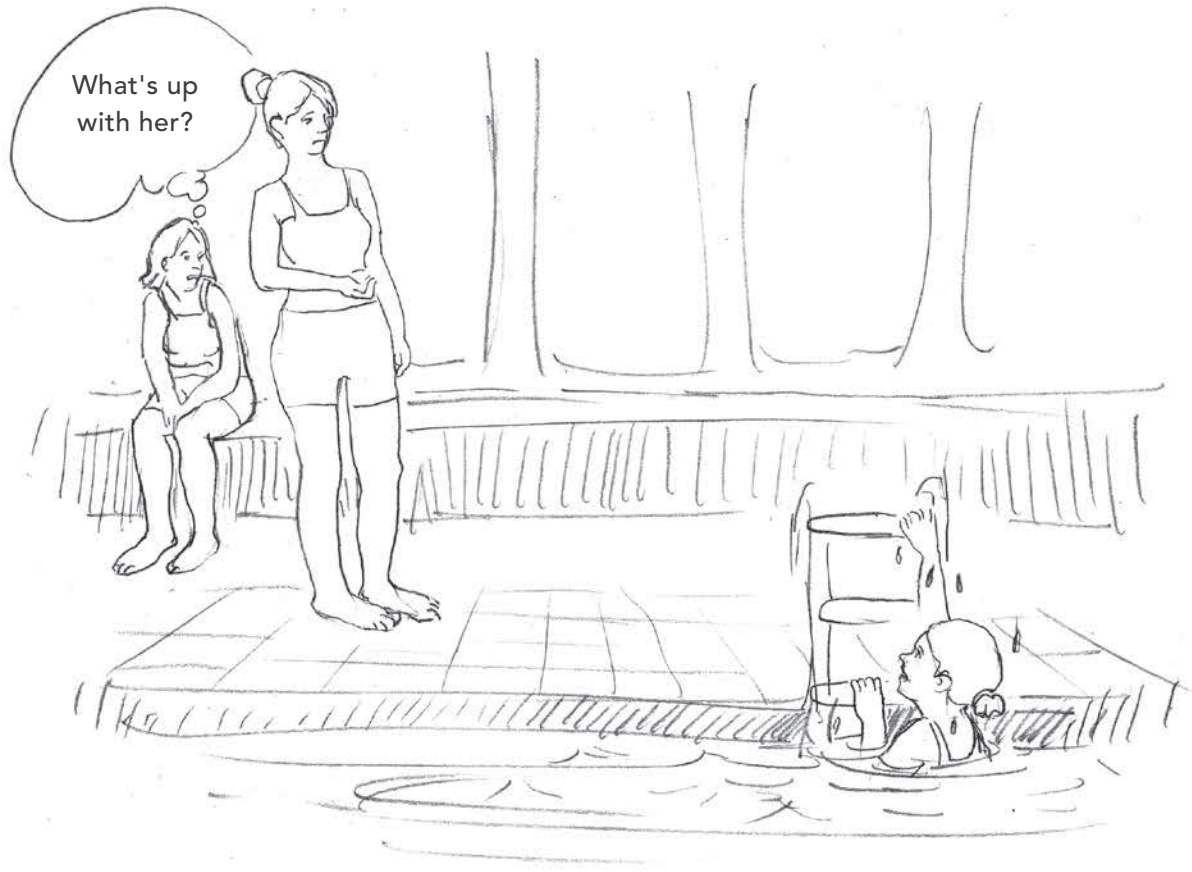
Next day at swimming class...



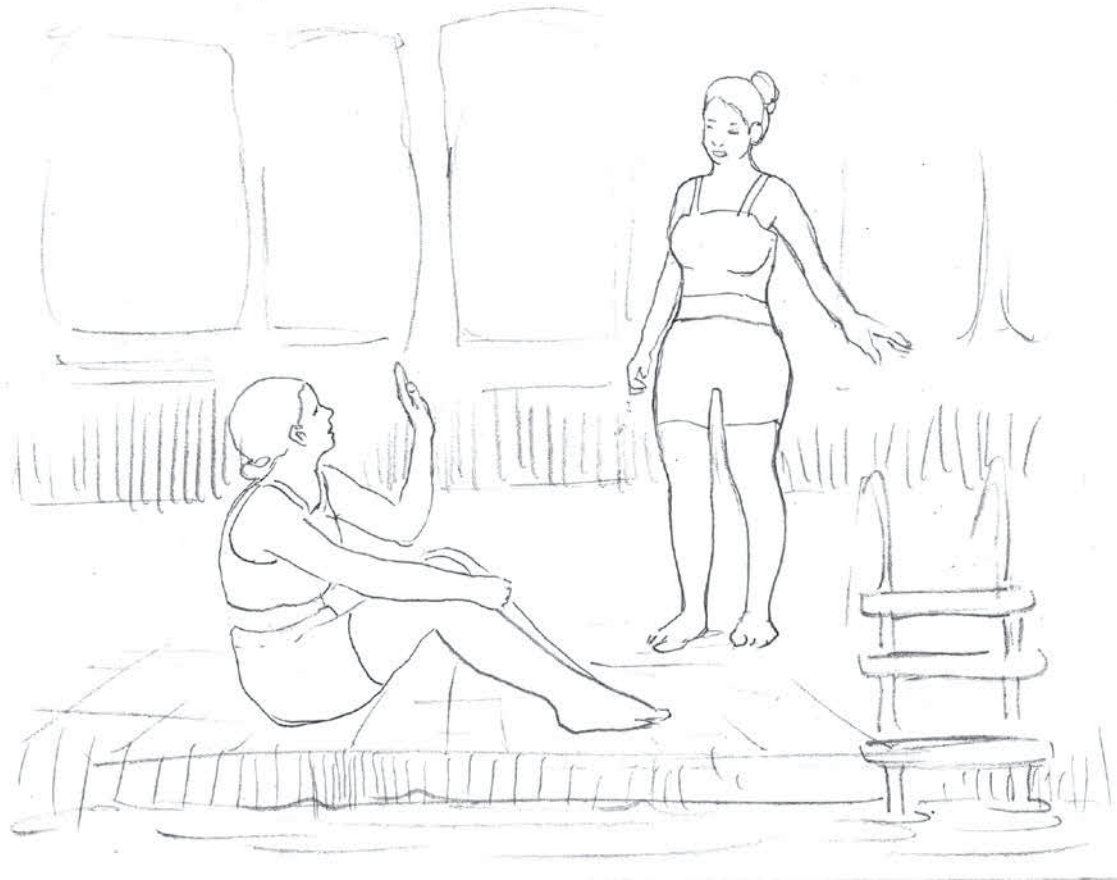















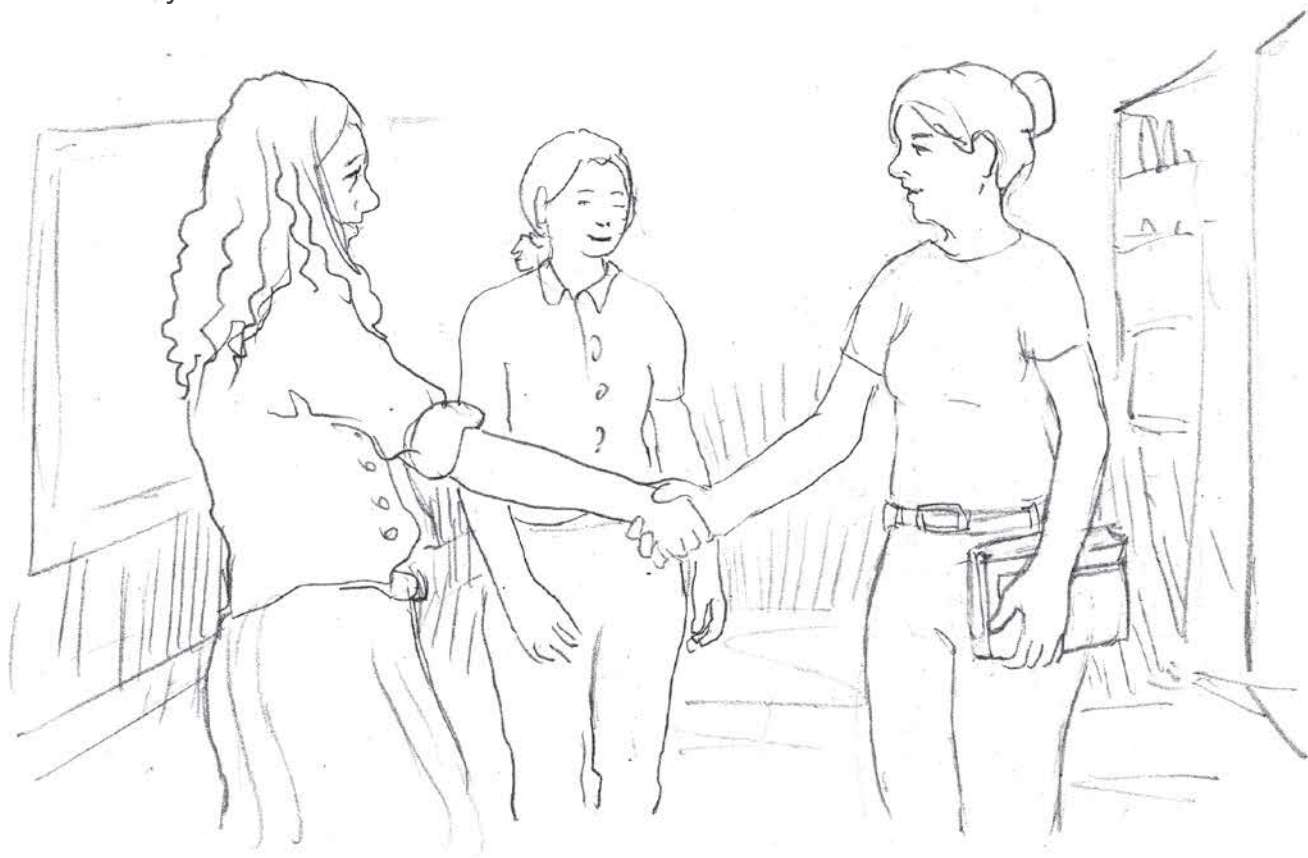
Saya, is something
not OK?


Please excuse me.
I don't know...
I'm sorry.



Please tell your mother I'd like to talk to her.

The next day...





Saya is a good student.
She is trying really hard.
But I have noticed that she
sometimes has problems.
I don't know why.

I have also noticed this.
She seemed really fine after those
bad times were over. But these past
weeks I am also worried about her.



Some time later...





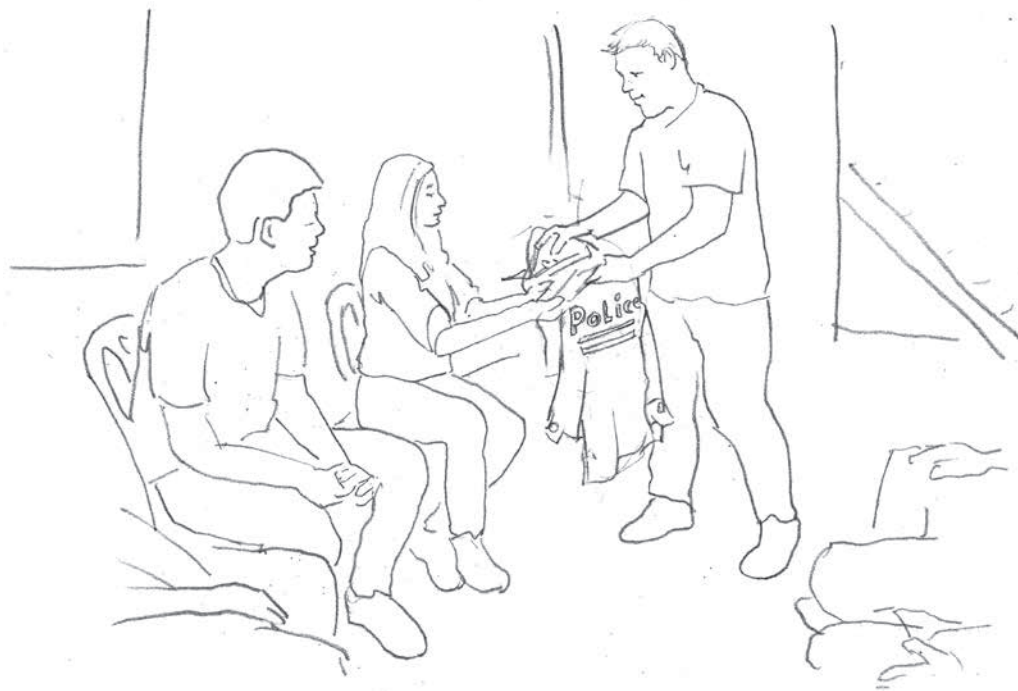






A few days later...











Some minutes later









Back in the group room...





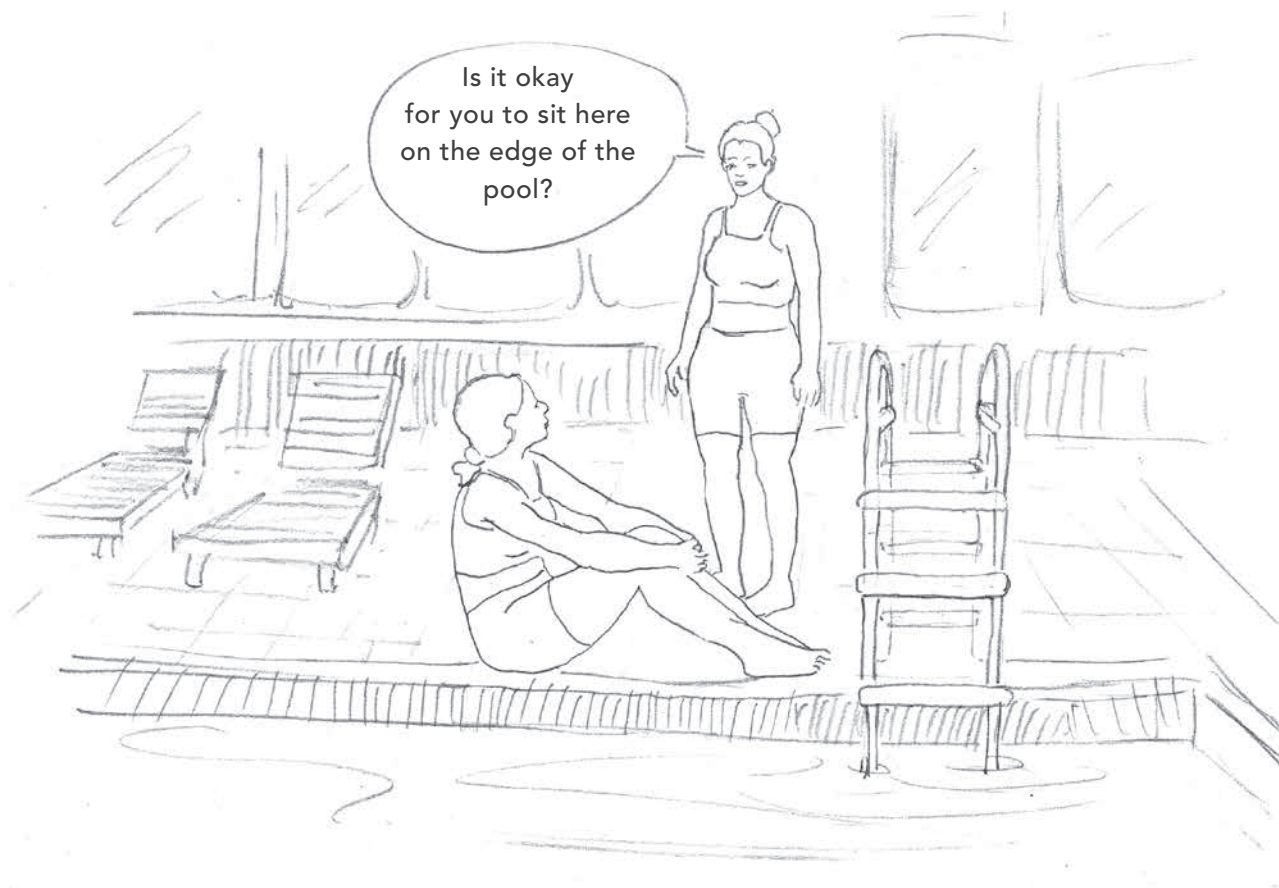




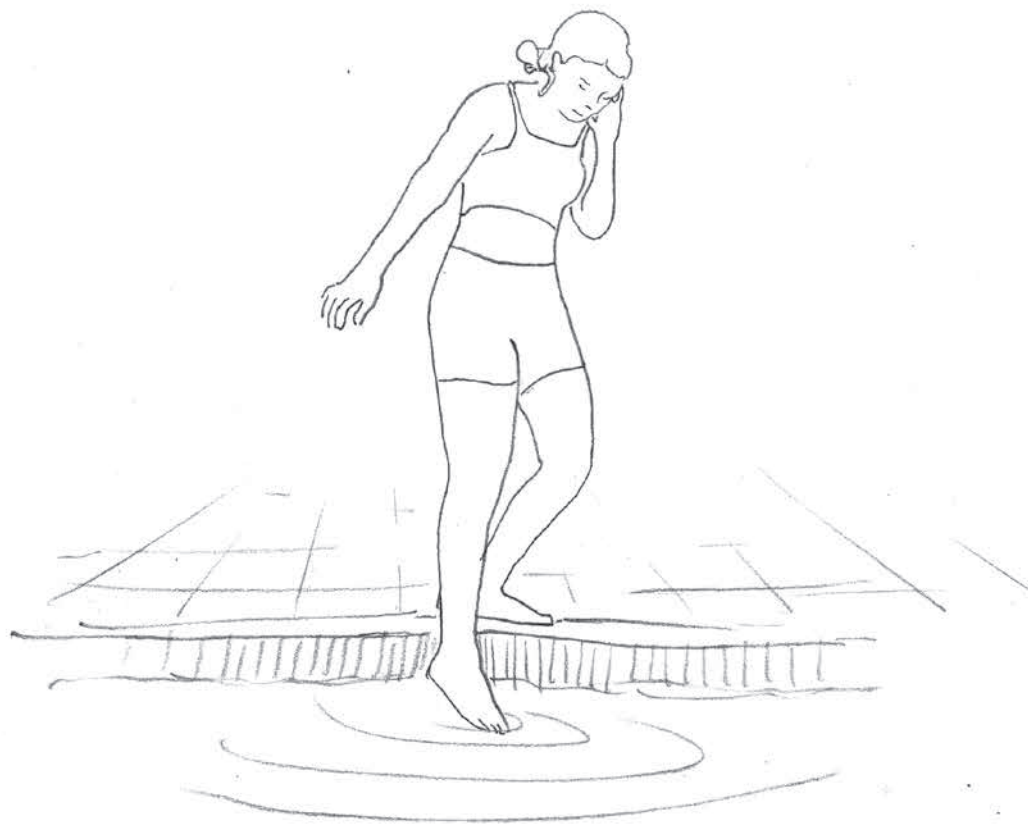


Back at school. Swimming class again...













One evening at home...



Back again in the group room. Before the meeting...



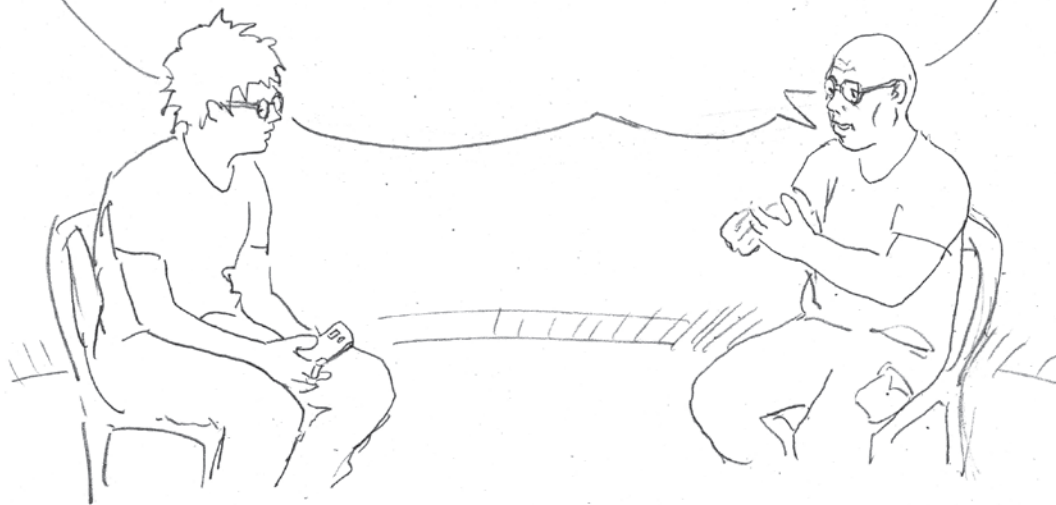






I know you can't sleep well and you have problems concentrating – please don't watch these videos any more.

I know that you want to know what's going on back home. Just read the newspapers. You can get them on your smartphone. Written words don't hurt so much!



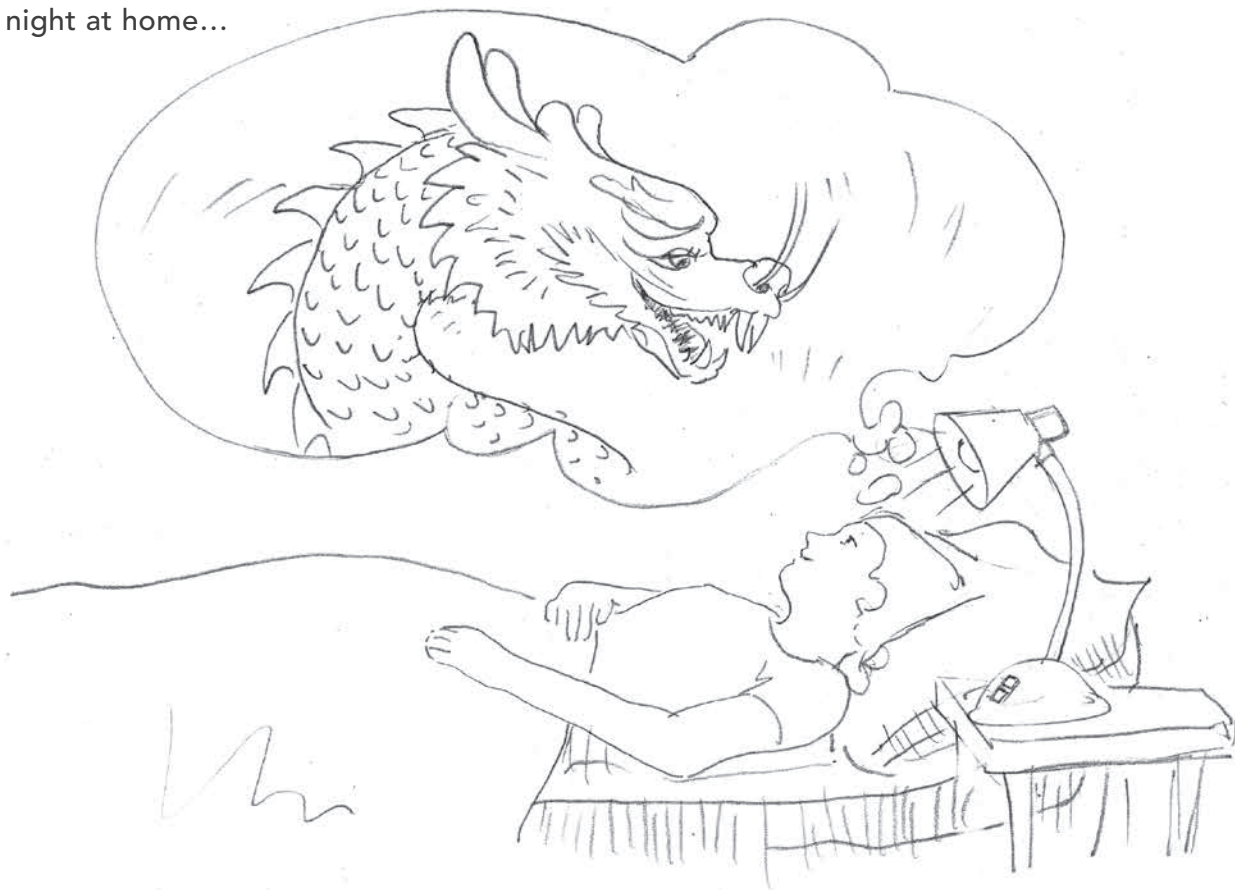
One day at a group meeting...

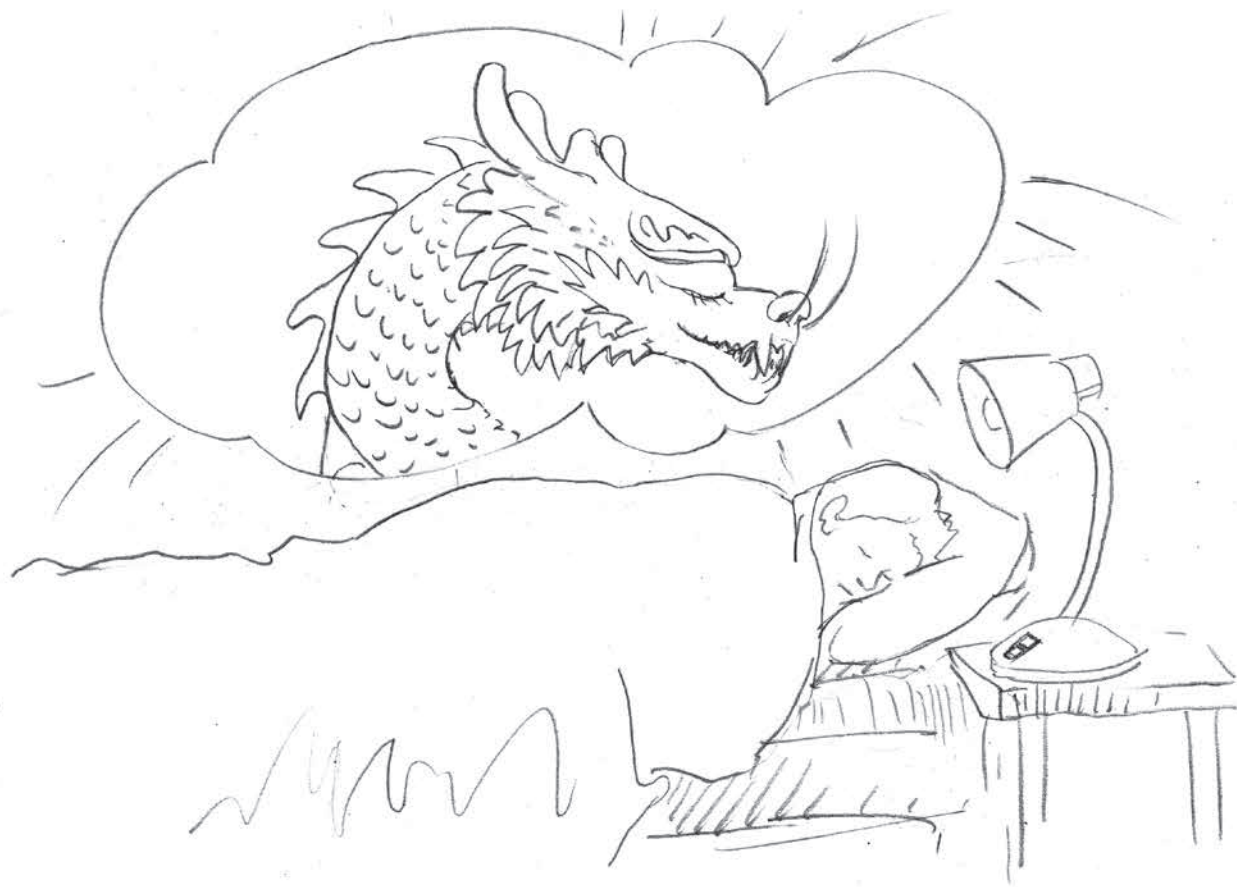






At night at home...





I am so proud of you. You have experienced lots of difficult things and still you really try to support each other well.

I hope we have ideas for each one of you. They should help in getting better step by step.





How do doctors, therapists and counsellors help?

Sometimes, you are feeling unwell, without knowing exactly why. In such moments, it is good if someone is there to listen, understand and help. These can be family members and friends. When there are major problems, it is good to see doctors, healers, or so-called psychologists, psychotherapists or psychological counsellors.

Especially after very bad experiences, it can help to talk to therapists, psychologists or psychological counsellors to seek their support. Here, you can talk about things that preoccupy and worry you. But you do not have to if you do not want to, at the moment. Everything you talk about in the sessions will be kept confidential. You can rely on that. They will really listen to you and when you want to express something you do not find the right words for, there are other options, such as painting, playing games, etc. Usually, there are regular appointments for therapy or counselling. If there is not enough time, you can continue in the next session.

On our website, you can find out whether there is such a possibility, close to where you are:

WWW.ACT-N-O-W.COM/TRAUMA-SUPPORT



About this booklet

This booklet was conceived and realised by the NOW Working Group Trauma Surviving, an interdisciplinary and international group of experts in the field of trauma survival:

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The purpose of this publication is to provide young people with an understanding of the impact of traumatic experiences such as avoidance. To reach as many traumatised young people as possible we are looking for partners interested in distributing this booklet now available in several languages: German, English, Arabic, Farsi/Dari, Kurdish Sorani and Kurdish Kurmancî.

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IMPRINT

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ISBN 978-3-903245-20-4
PUBLISHED BY: ACT.NOW
HOHE WARTE 28/3, 1190 VIENNA, AUSTRIA

OFFICE@ACT-N-O-W.COM
WWW.ACT-N-O-W.COM
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ISBN 978-3-903245-20-4