



**EVERYTHING HURTS!**

SLOWLY IT'S GETTING BETTER

**ENGLISH**



## **WELCOME!**

It's not easy to resume a normal life after difficult experiences such as violence at home or in foreign countries, war situations or becoming a refugee. Many things change and sometimes you may not be sure about yourself anymore.

## EMOTIONAL INJURIES – TRAUMA

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

In the same way our body can suffer from injuries, also our soul can be injured. Injuries of the body are usually visible. Emotional injuries are invisible and therefore much harder to understand: for the injured person as well as others. This story is about such an emotional wound.

Are there things that frighten you because they remind you of difficult times? Is there something that makes you really sad and you don't want to talk about it? Are there

others who cannot understand why you don't feel like doing something you liked doing before? Do you just want to be left alone – or on the contrary – need someone close by? As you will see, other girls and boys know what you are going through from own experience!

Feeling pain all over your body may be a reaction to terrible events. Some people feel this kind of pain in a specific place in their body, like headache, stomach ache, heart ache, pain in the knees... If you have physical problems please contact a medical doctor.

Your whole body may be in pain. Sometimes doctors cannot find physical explanations for them, but

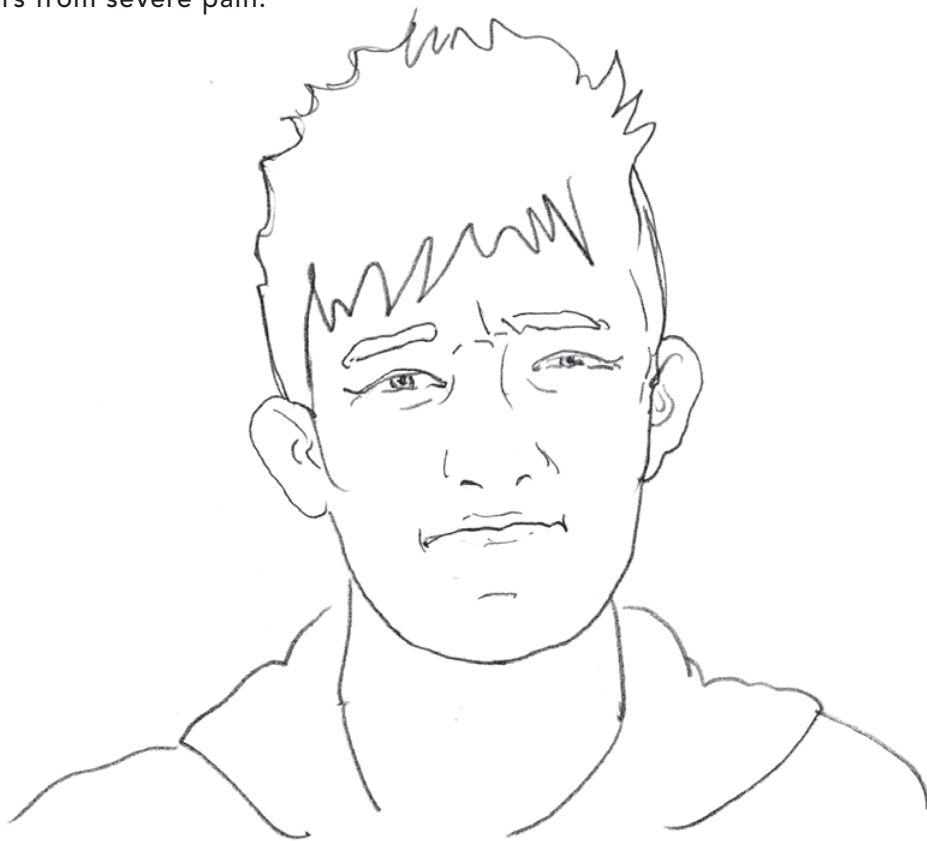
still these pains and aches are really there! The soul hurts so much and has chosen a place in the body to show how bad it is.

This story is about such pains and about how we can understand them. Moreover, it shares ideas about how I can help either myself or others with this problem.

### GENERAL CONCEPT:

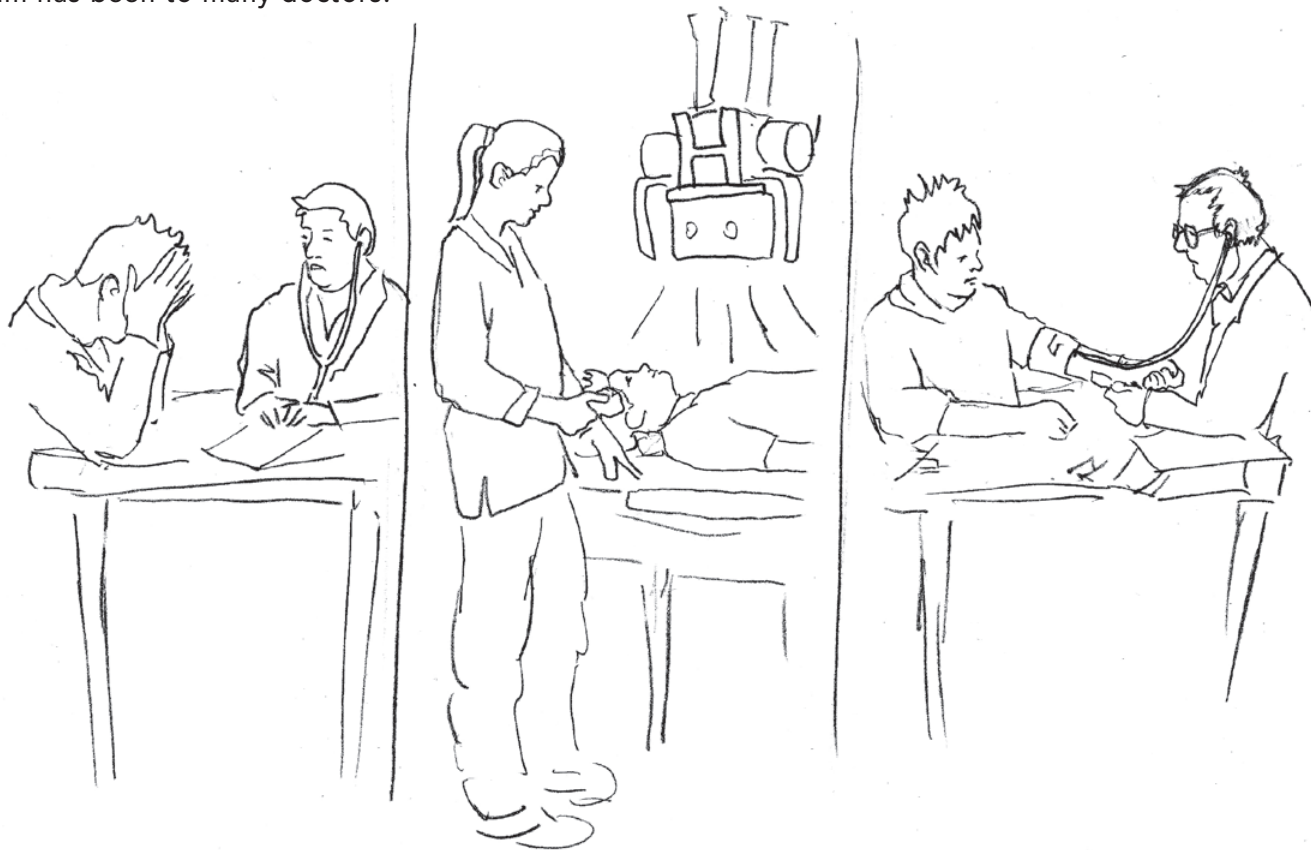
*In several stories we talk about problems after emotional injuries – about sleeplessness, anxiety, anger, feeling aggressive or sad, grief, difficulties remembering things and concentrating, distressing memories and other topics. We also offer suggestions about what could help.*

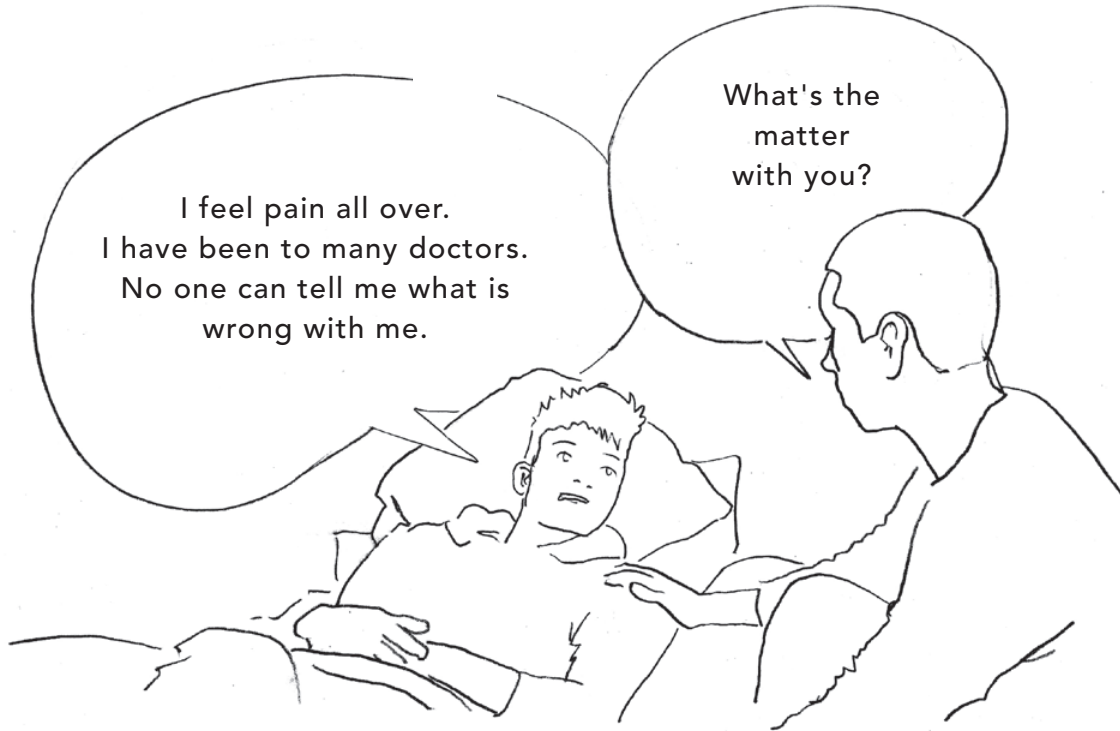
This is Sam. He is 17 years old. Sam has been going through hard times, now he suffers from severe pain.



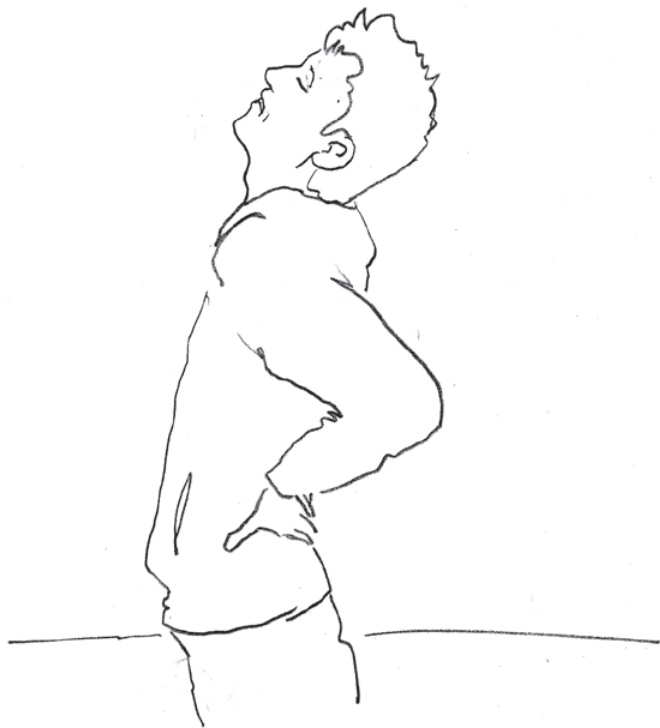


Sam has been to many doctors.

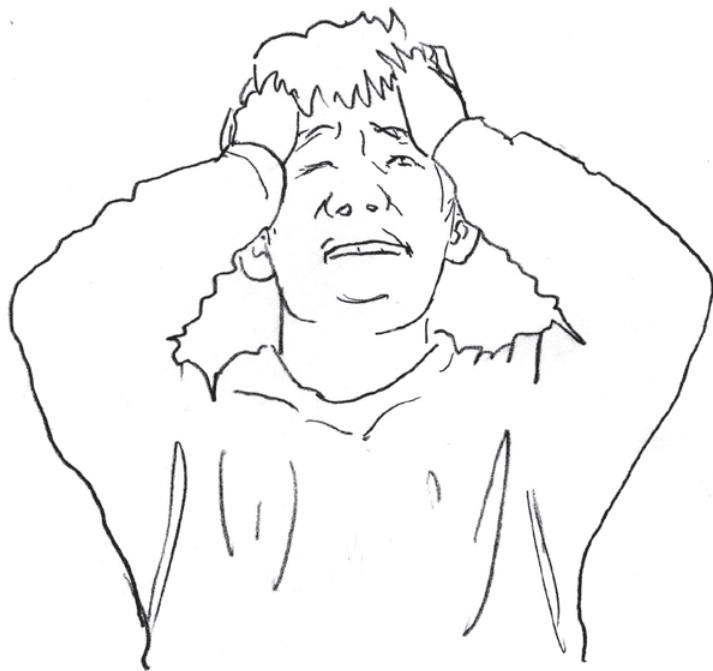




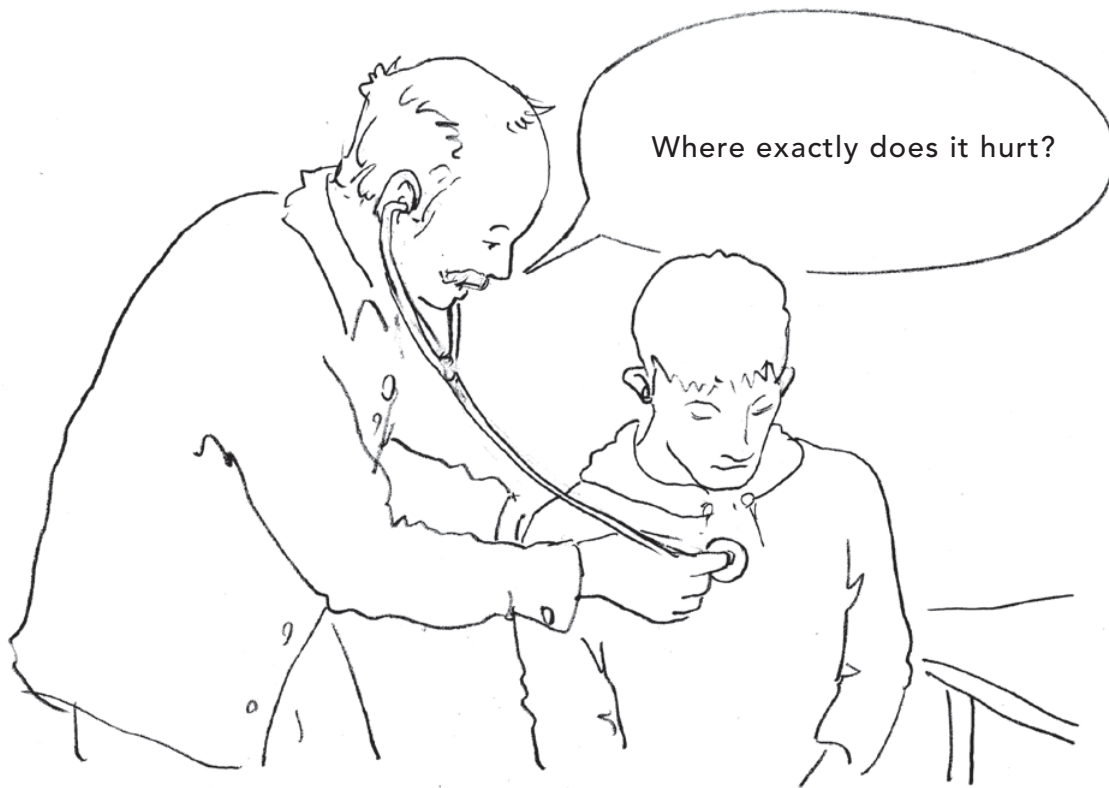


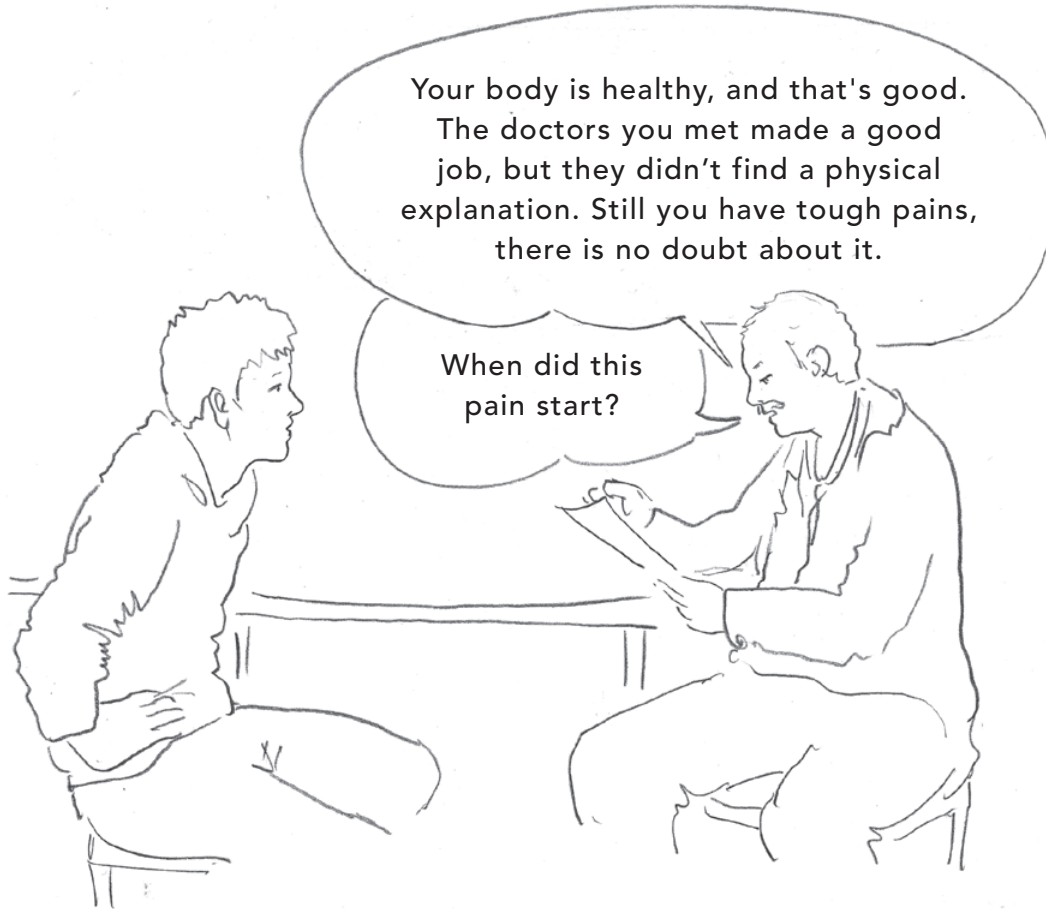



















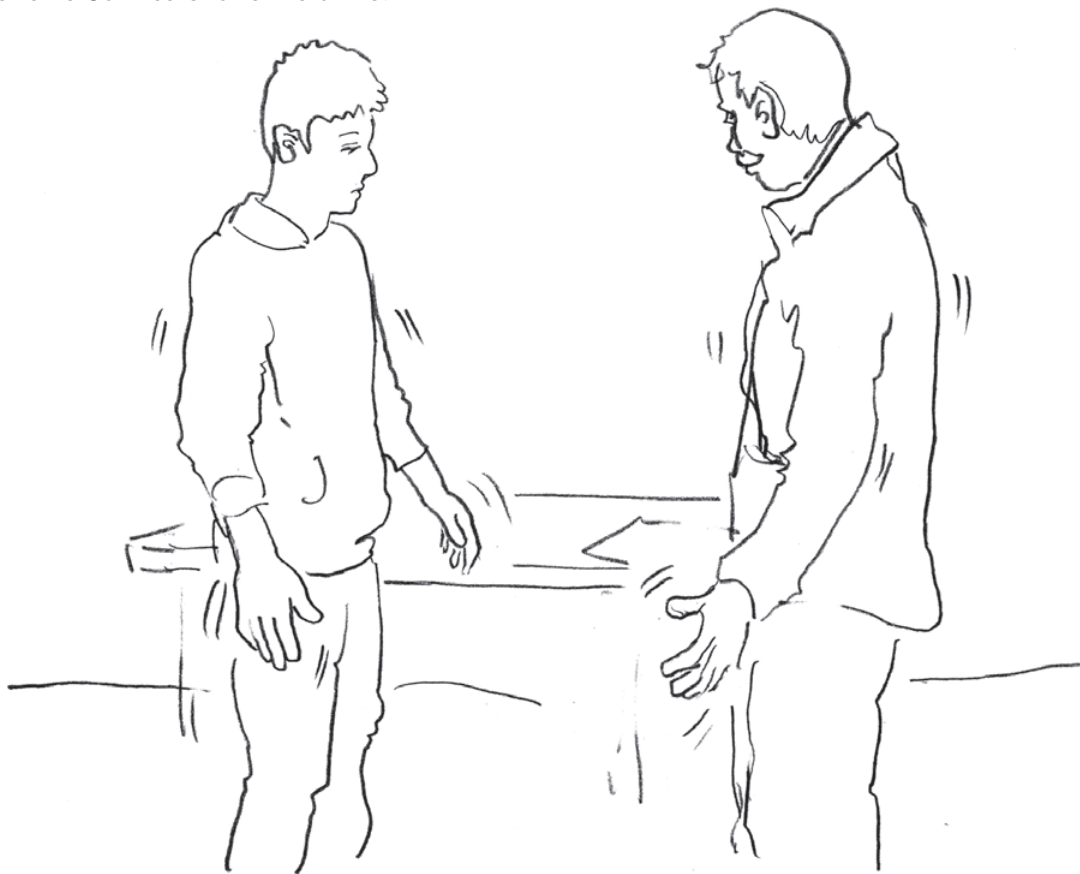


If we go through very hard times, sometimes our soul is hurt, or as we doctors say, the psyche. These wounds may hurt so much that we can even feel them in our body.

Oh, I am relieved.  
I was starting to  
think I was going  
crazy.



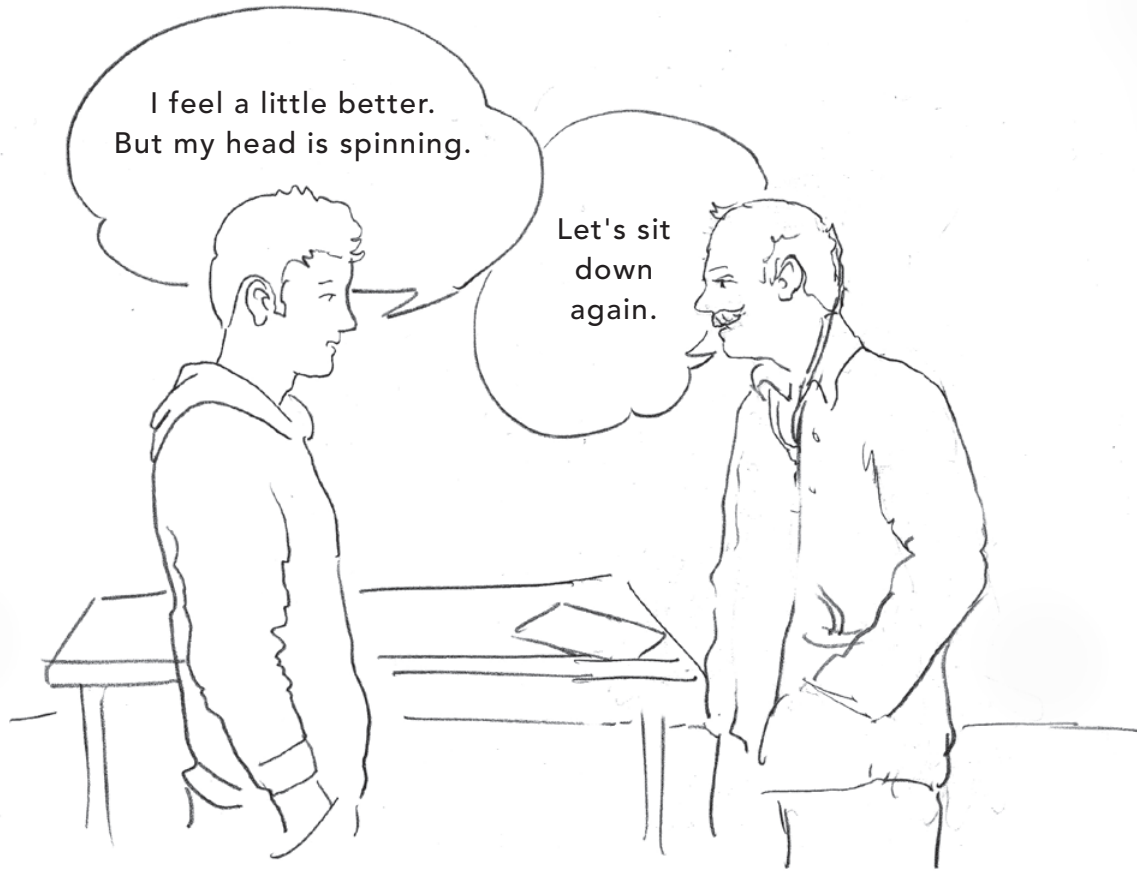
Doctor shows Sam to shake his arms.



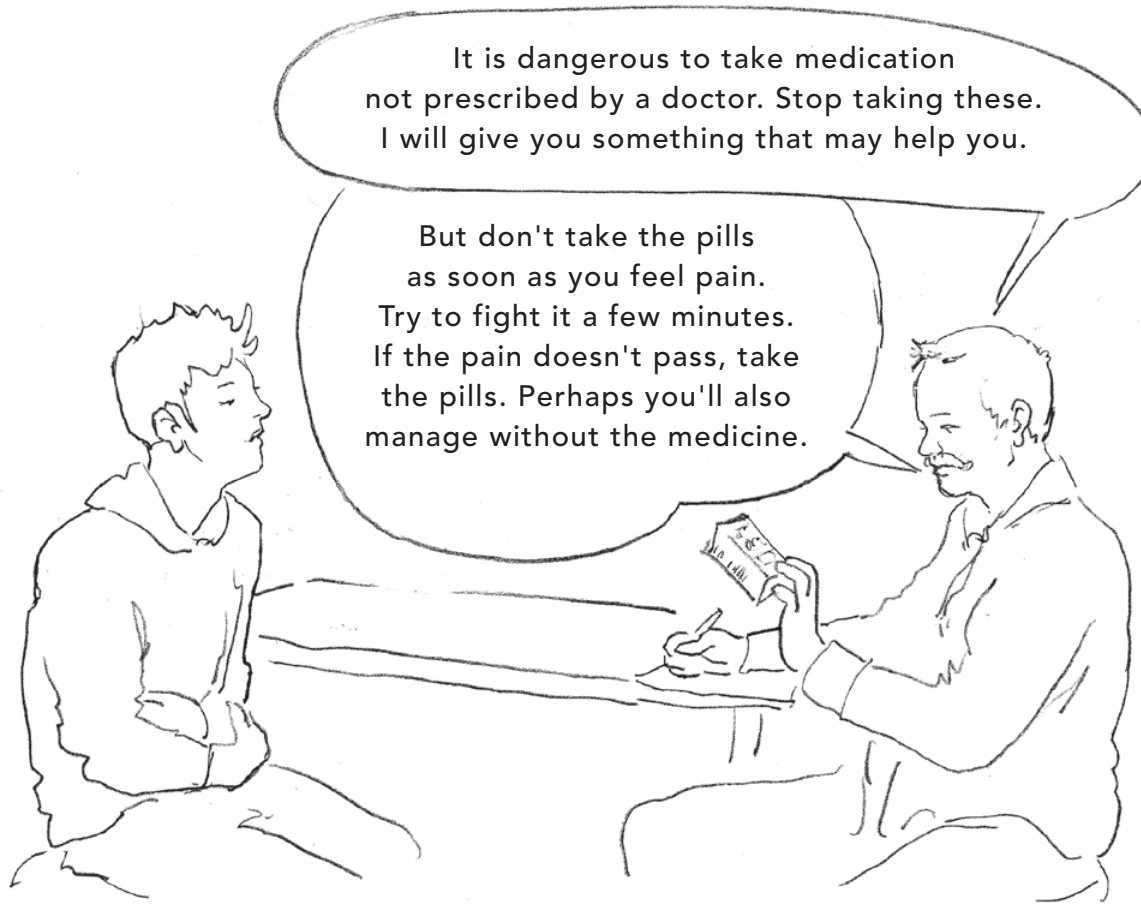
Doctor shows Sam to shake his legs.









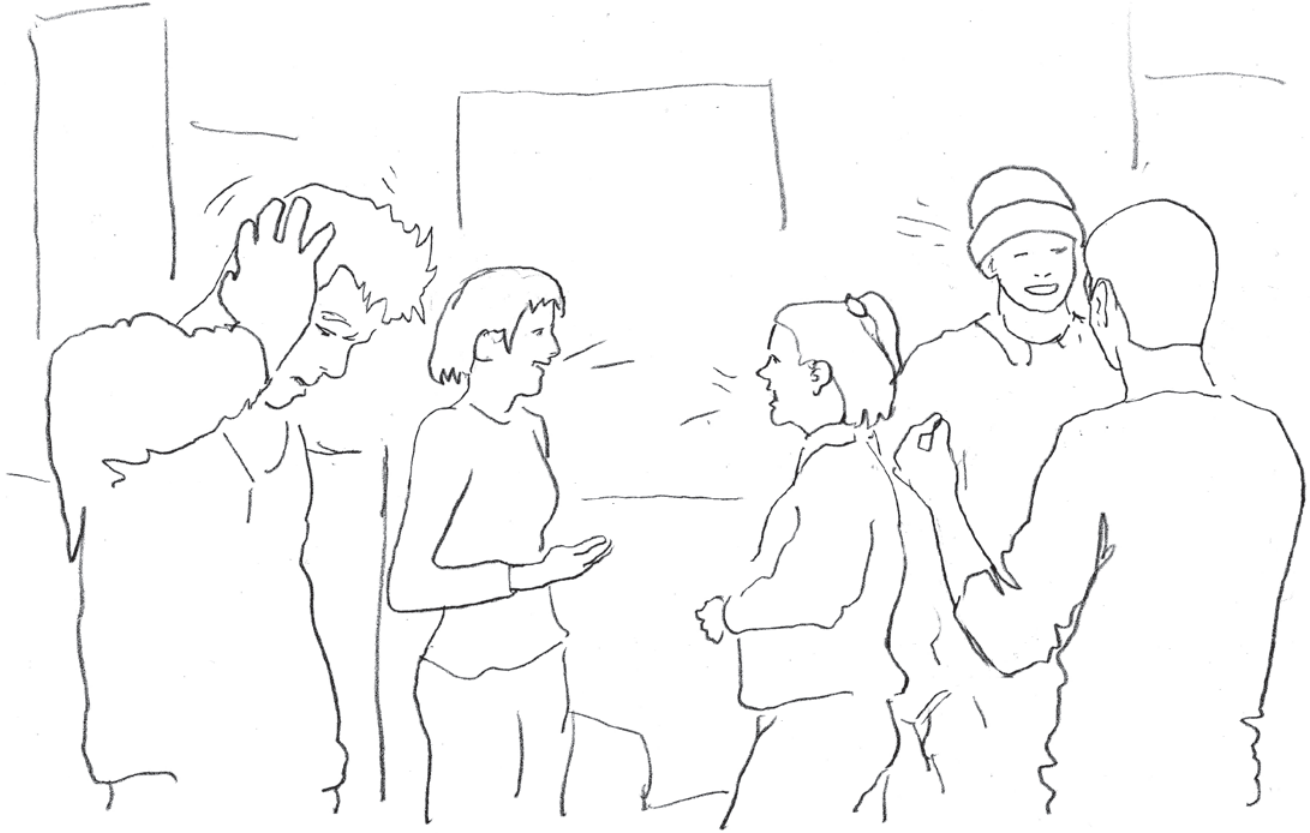




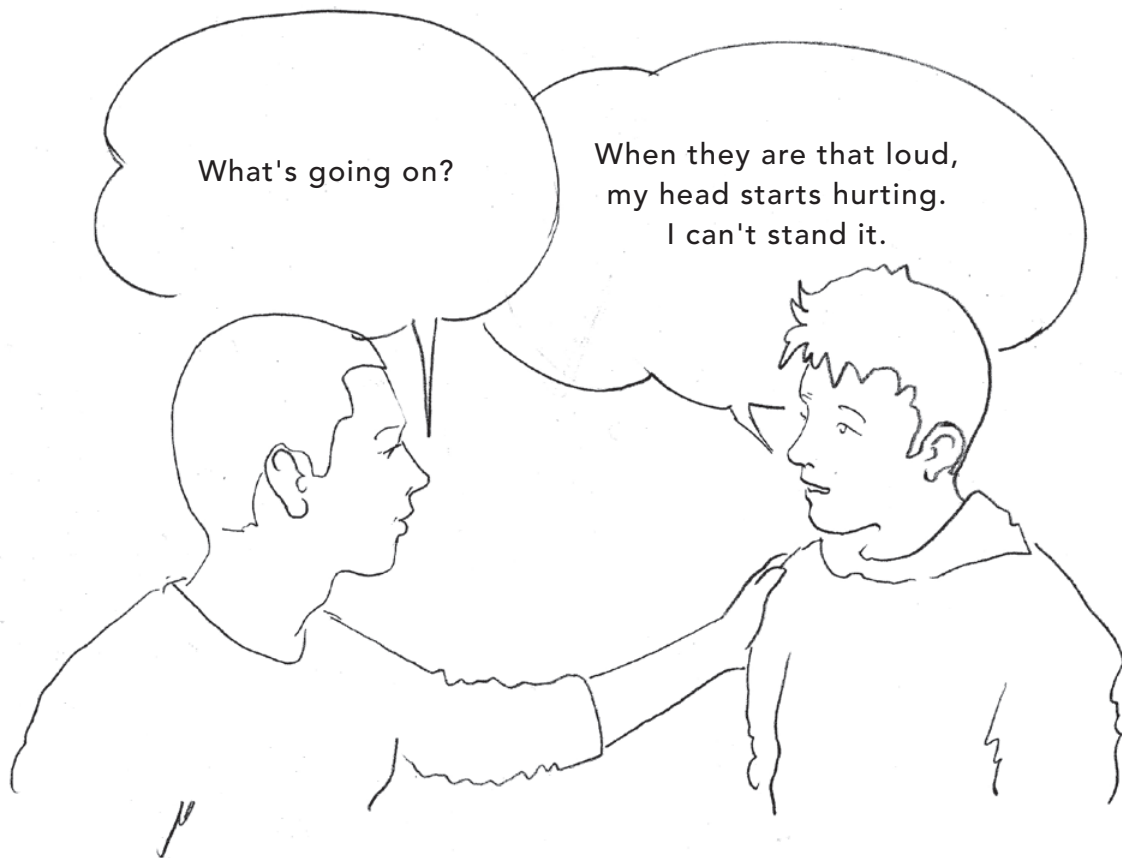


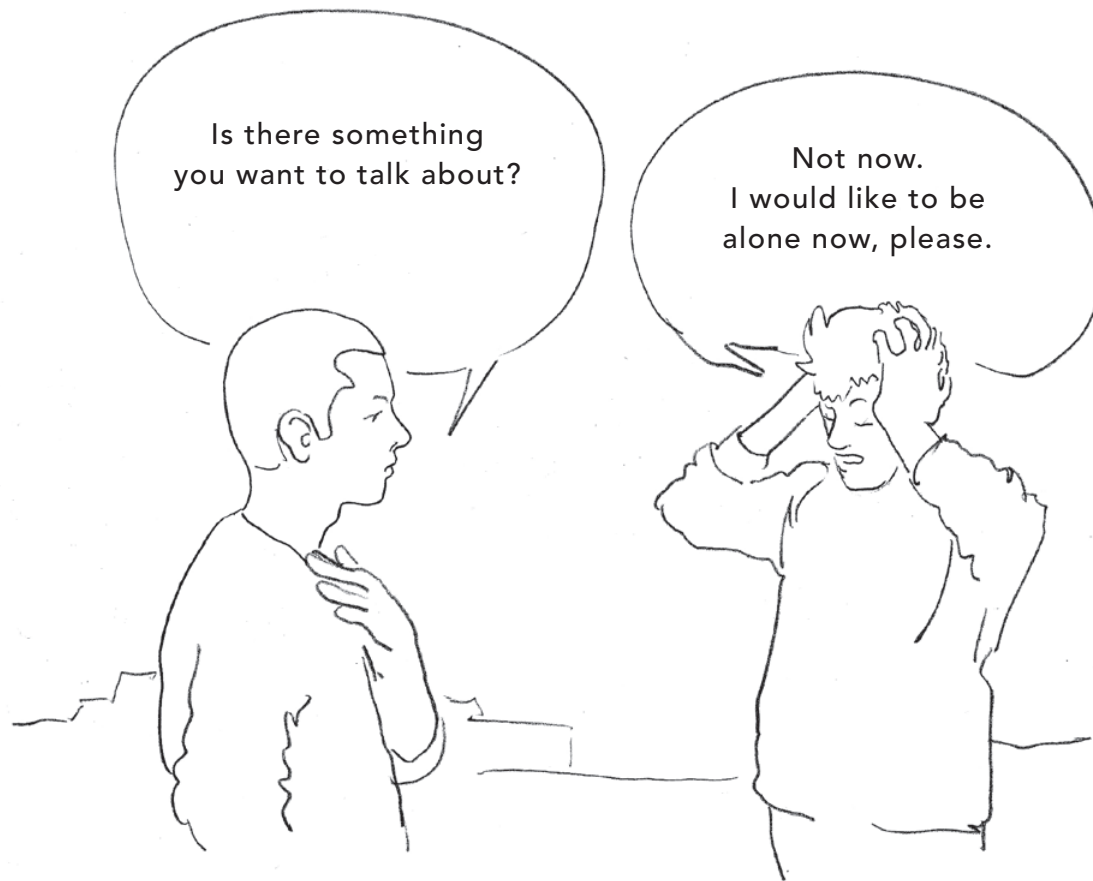


Some time later.



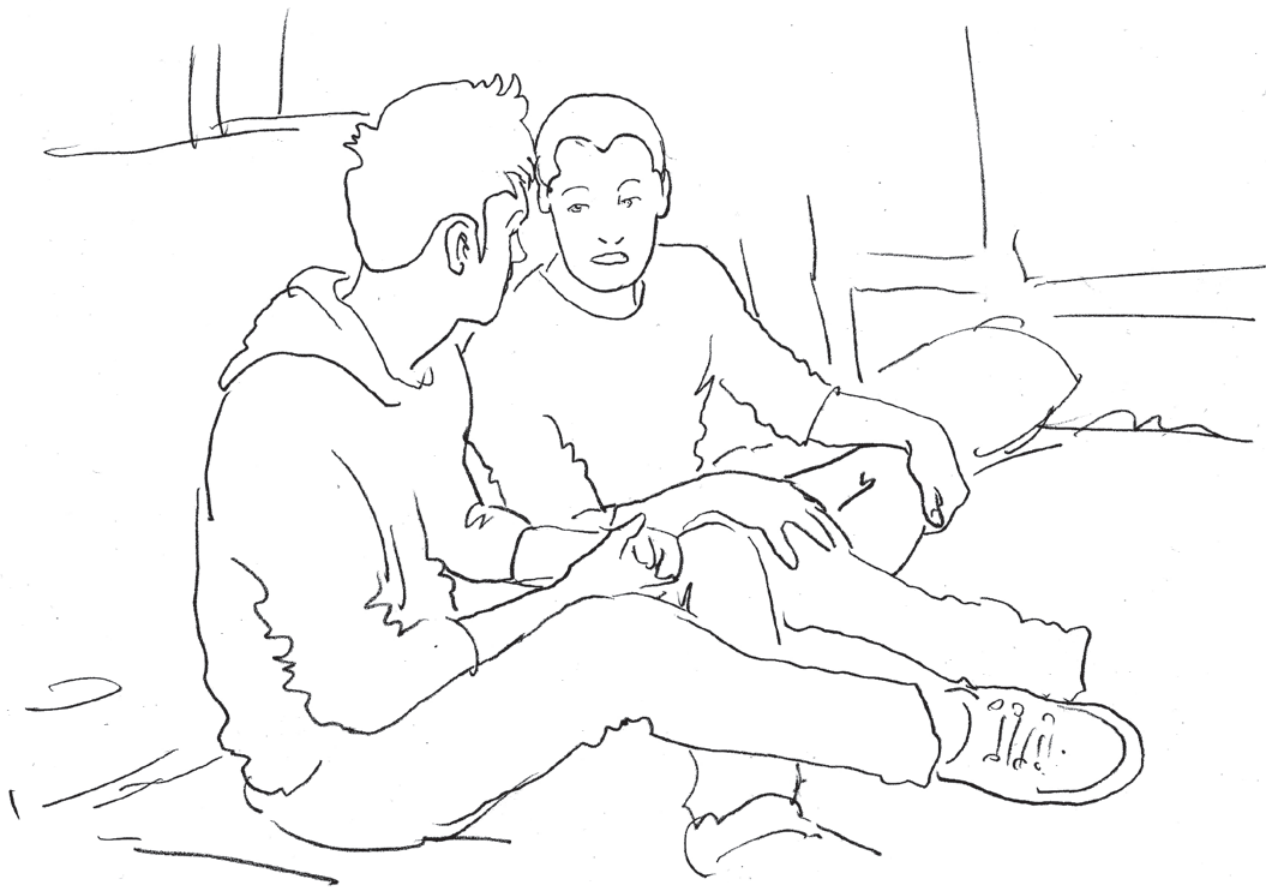






A few days later.







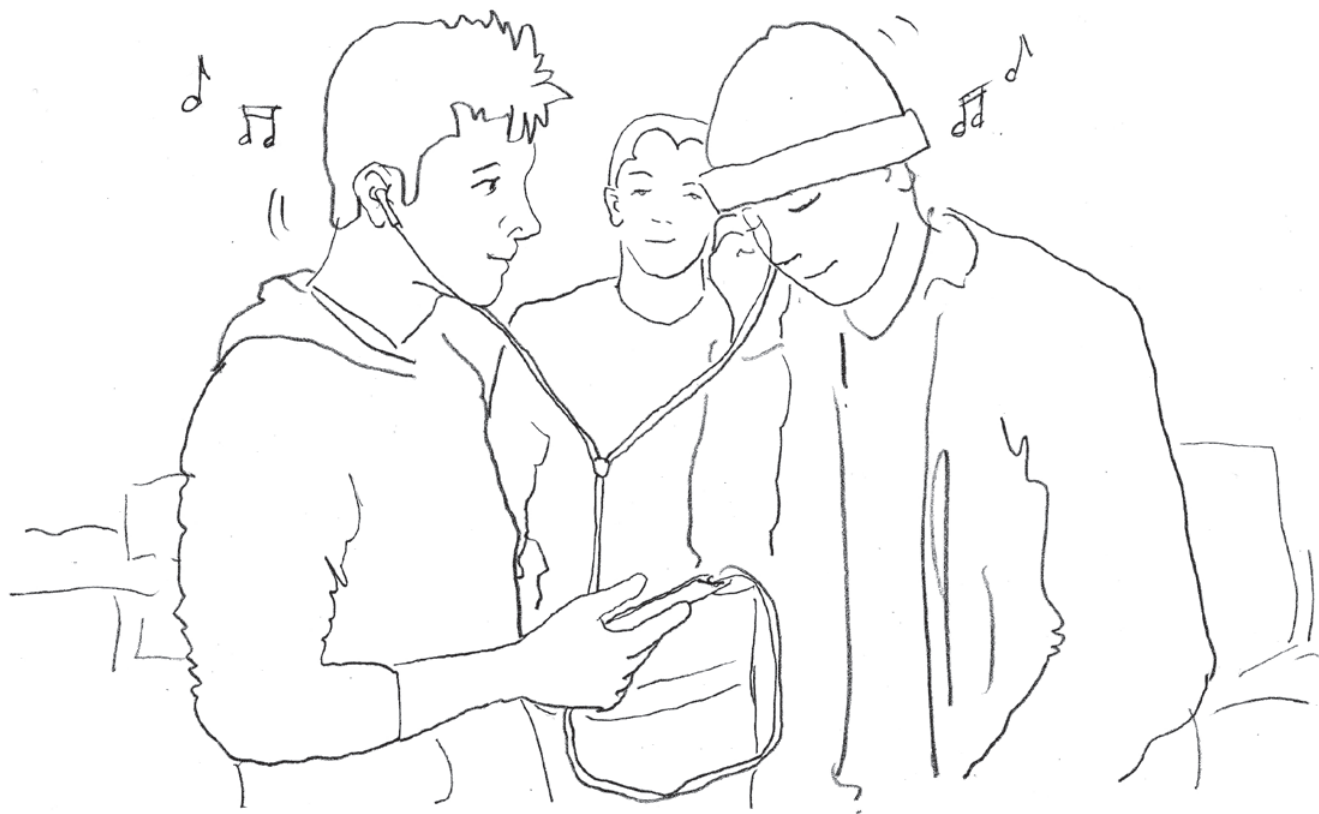






A few days later.













Sometime later. Sam and his friends attend a group meeting.



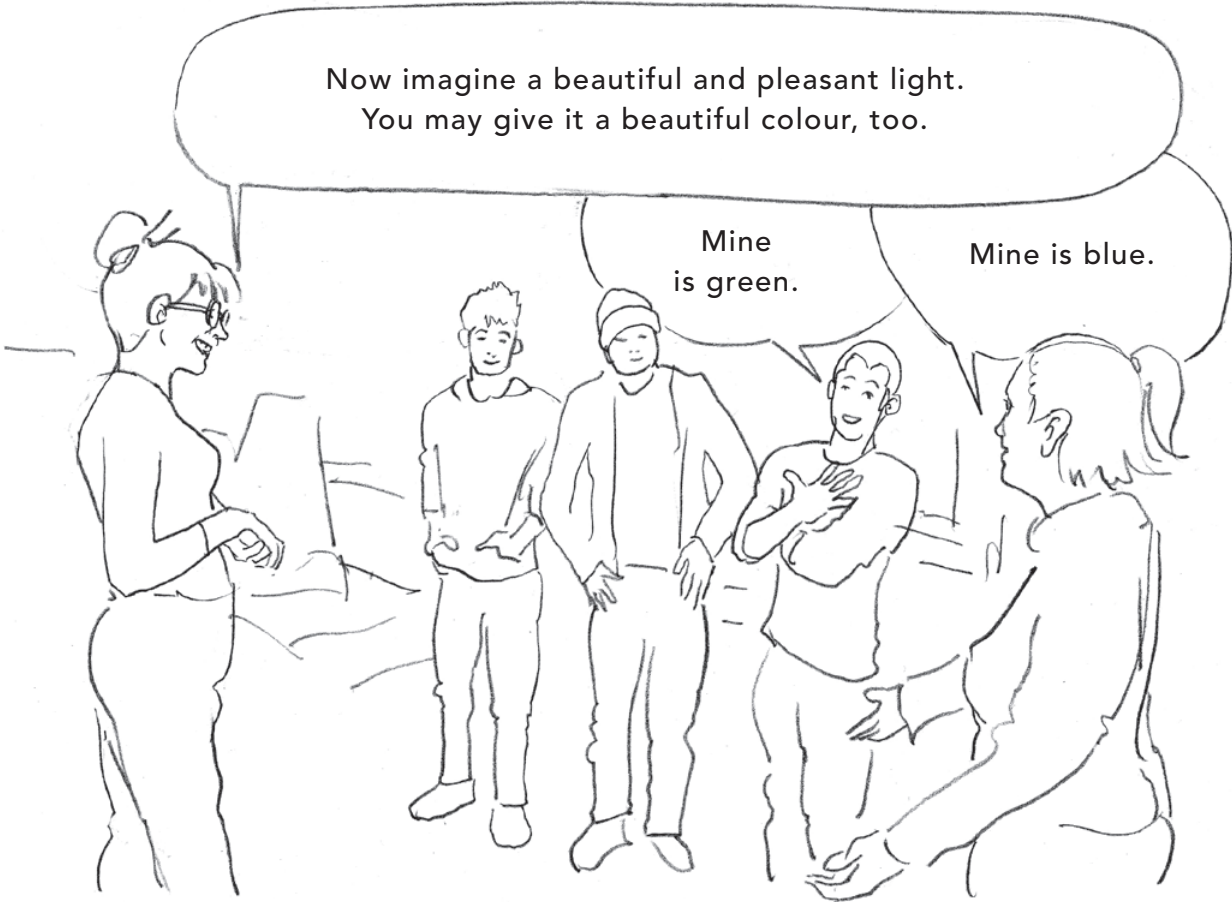








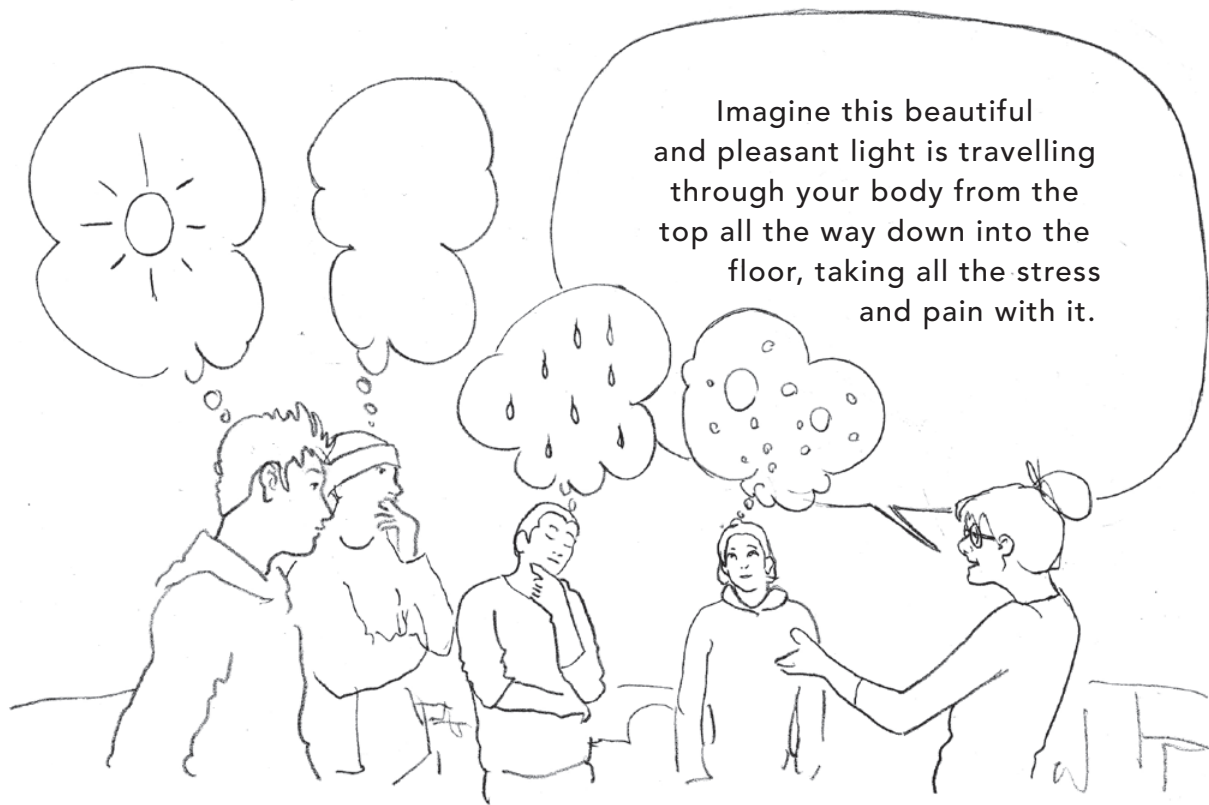




Now imagine a beautiful and pleasant light.  
You may give it a beautiful colour, too.

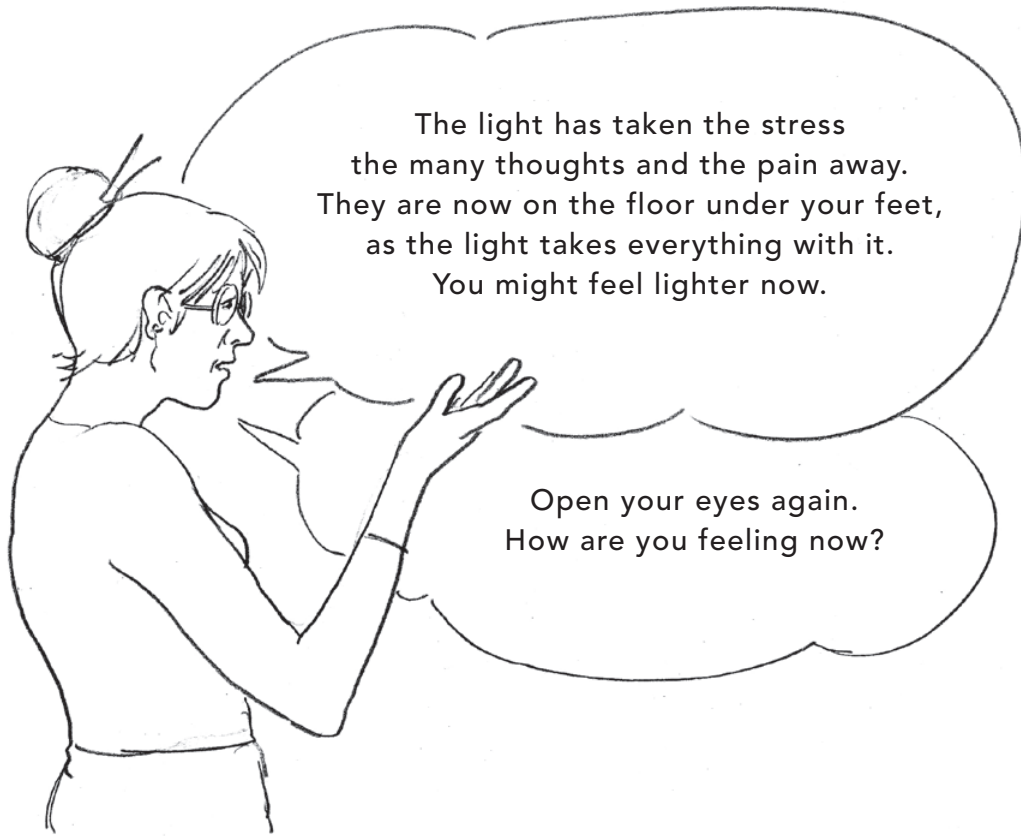
Mine  
is green.

Mine is blue.



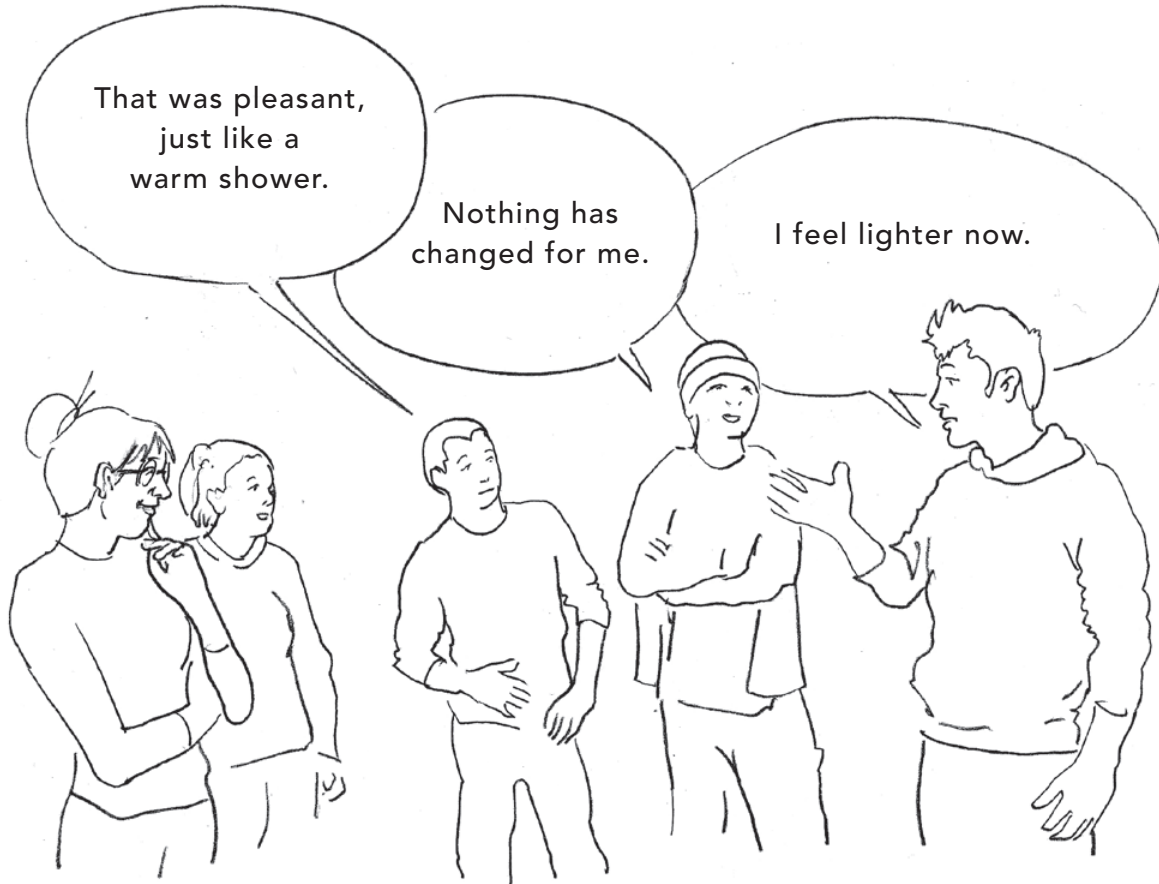






The light has taken the stress  
the many thoughts and the pain away.  
They are now on the floor under your feet,  
as the light takes everything with it.  
You might feel lighter now.

Open your eyes again.  
How are you feeling now?

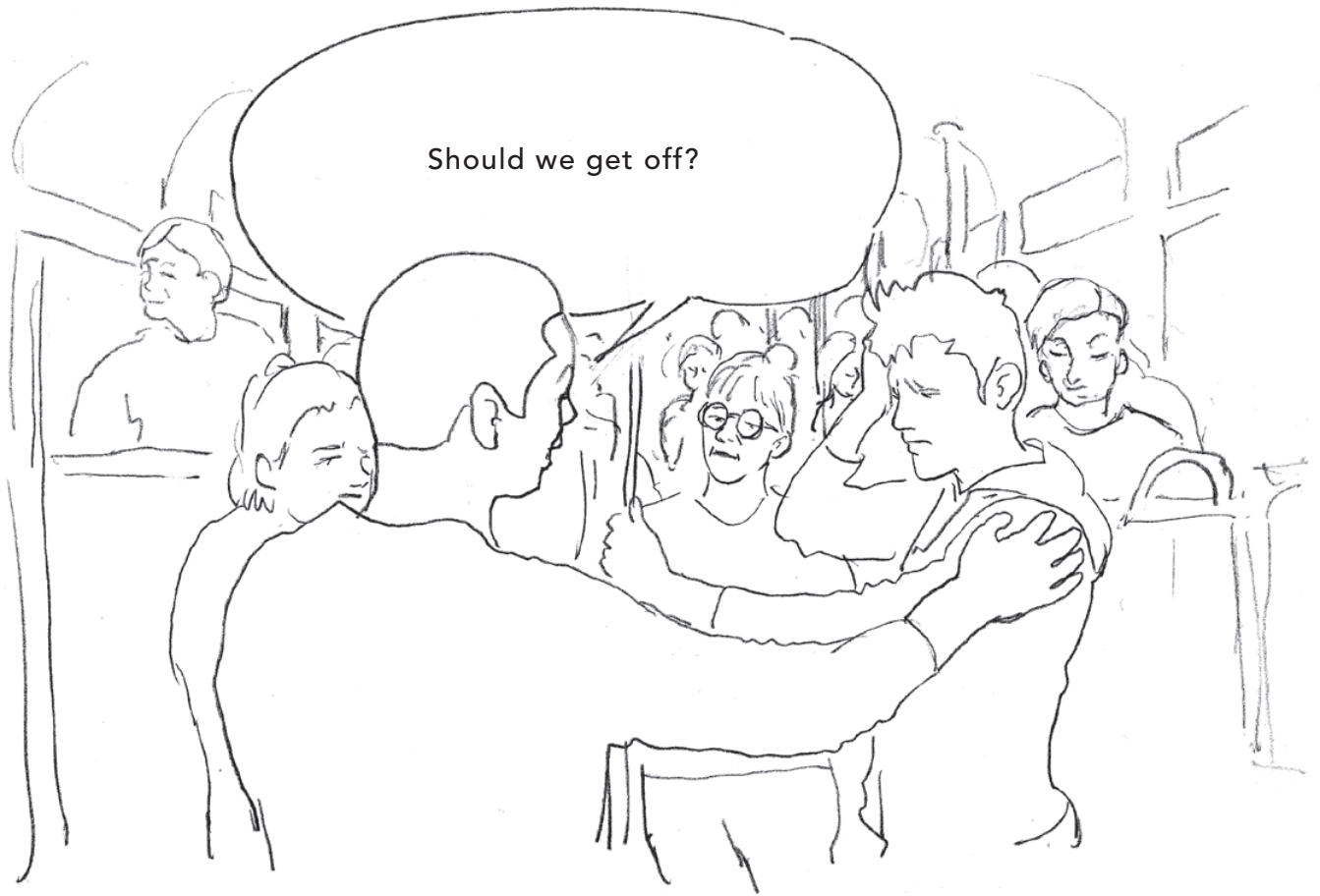


Thank you.  
For some of you this was  
helpful, for others not so much.  
It is good to try something  
together sometimes.



A few days later in a crowded bus.

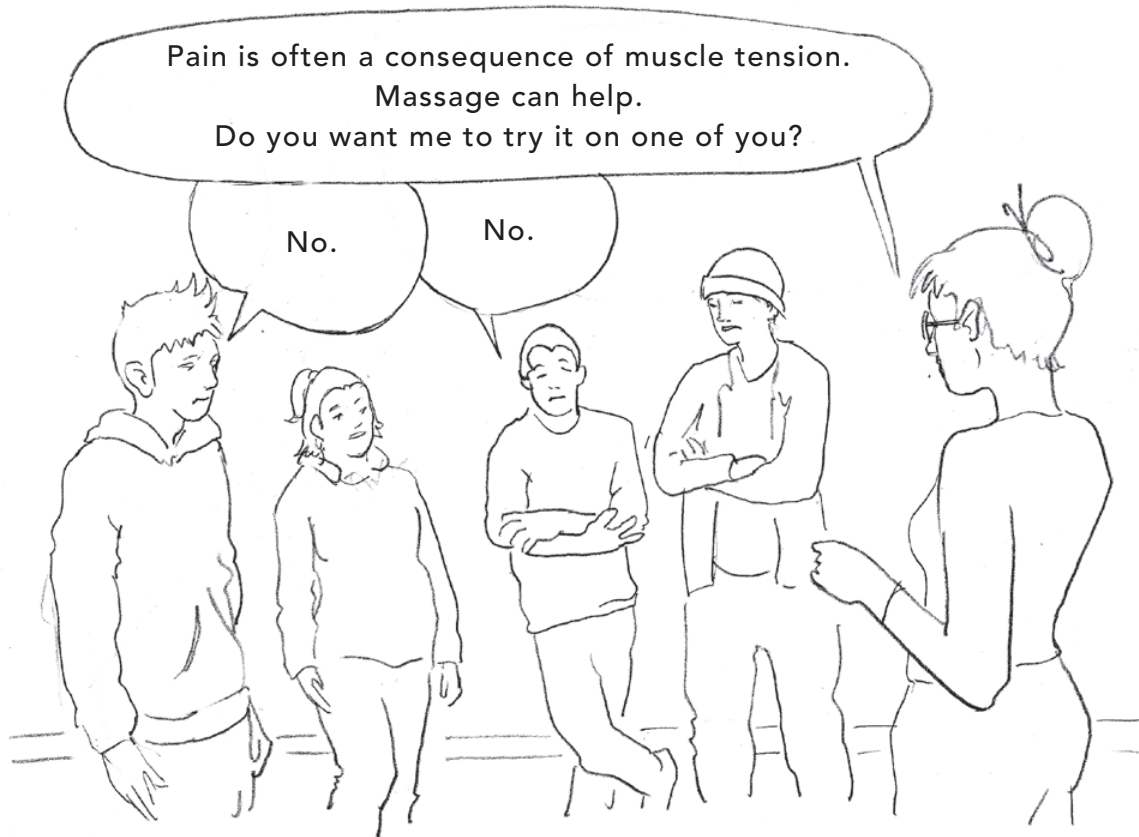








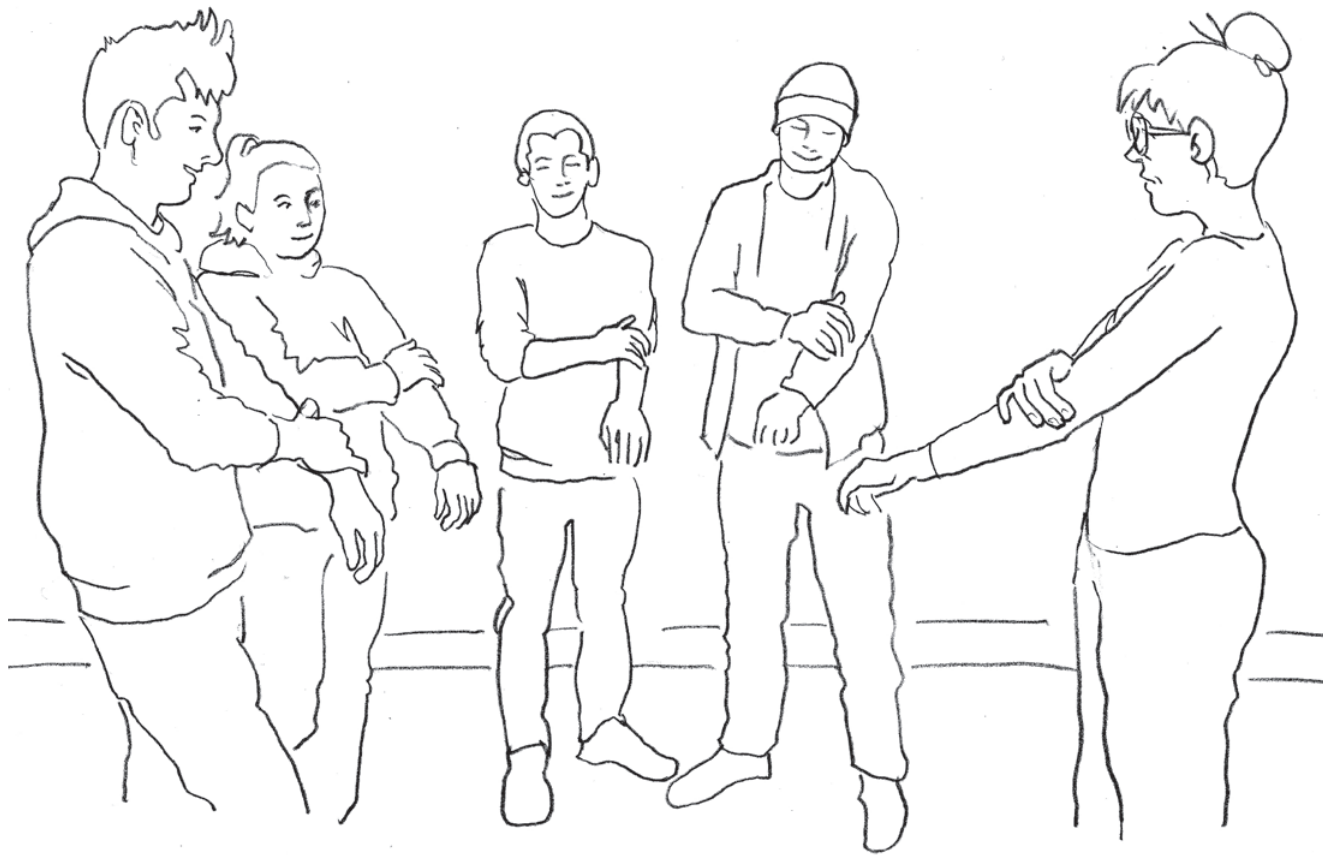




























## HOW DO DOCTORS, THERAPISTS AND COUNSELLORS HELP?

Sometimes you feel bad without knowing exactly why. In such moments, it is good to have someone who can listen, understand and help. Such a person might be a family member or friend. When we are confronted with major problems, it is also a good idea to see a doctor, healer or so-called psychologists, psychotherapists or psychological counsellors.

Especially after having gone through bad experiences, it can help to talk to and seek the support of therapists, psychologists or psychological counsellors. You can talk about things that preoccupy and worry you. But you do not have to, if you do not feel like talking about it. Be assured everything you say during a session is kept confidential. They will listen to you, and if you want to express something but cannot find the right words, there are also other options such as painting, playing games etc. Such a therapy or counselling programme is usually based on regular appointments. If you run out of time, you can always continue in the next session.

Go to our website to find out what we can offer in your area:

[WWW.ACT-N-O-W.COM/TRAUMA-SUPPORT](http://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 pain. In order to reach as many young people as possible, we are looking for partners interested in distributing this booklet, currently available in several languages:

German, English, Arabic, Dari-Farsi, ...

For further information please get in touch with [office@act-n-o-w.com](mailto:office@act-n-o-w.com).

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