

PREPARATION PHASE: TAKING CARE OF MYSELF
(HRA PROJECT)

DAY 3/MORNING

SESSION 5: COPING WITH THE MEANING OF MY ILLNESS

OBJECTIVES:

1. Mothers will clarify their life values.
2. Mothers will develop positive meaning about their illness.
3. Mothers will determine areas in their life where they can exercise control.
4. Mothers will project their own future visions.
5. Mother will increase their self-esteem.

RATIONALE:

Studies of women who face a terminal illness show that there are three themes they face. These themes are a search for meaning in the experience, an attempt to regain mastery over the event in particular and over their lives more generally, and an effort to enhance their self esteem - to feel good about themselves again despite the personal setback. How well they deal with these three themes influences the quality of their survival. Creating illusions is a central factor in coping with these issues.

This session attempts to deal with each of these themes. Uncovering and affirming their values, creating a positive meaning about having the illness, exploring where they can take control in their lives, developing a positive view of how they want to be remembered, and creating a good vision of their future are all employed. Relaxation is used to help them bear working on these difficult issues.

PROCEDURES:

1. Introduce the participants and give out "Thanks." Review between-sessions goals and what participants did to make their lives better. (15 minutes)
2. Explore what is important to the mothers through a script, the Feeling Thermometer and sorting value cards. (20 minutes)
3. Practice determining answers to the questions "What is the meaning of my illness?" and "Why me?" through role playing and developing explanations (25 minutes)

4. Do a brief relaxation. (5 minutes)
5. Brainstorm ways to exercise control and take charge in different areas of their lives. (20 minutes)
6. Determine the image that they want others to have of them in order to bolster self-esteem. Share the image. (15 minutes)
7. End with a vision of the future, free time, a positive mantra, and group appreciation. (20 minutes)

MATERIALS:

"Thanks"

Newsprint and marking pens

Workbooks with new inserts

Feeling Thermometer on Meaning

Relaxation: Breathing

One Set of Value Cards for Each Person

Script on Meaning

Index Cards and Pencils

Notes to the Facilitator:

1. **Bold** letters tell you what the purpose of the exercise is and highlight points to make. **CAPITAL** letters tell you what to do. Small case letters tell you what to say. Once you have become familiar with what to say, use **your own words**. Do not read your lines to the group.
2. Begin each session 5 minutes ahead of time in order to cover any administrative matters.

Exercise 1: What Happened Between Sessions?
(15 minutes)

[The purposes of this exercise are to build group cohesion, self-esteem, and self-efficacy. Sharing accomplishments and positive introductions are used.]

THE FACILITATOR SAYS

It is good to see all of you again.

I want to start by going around, giving your first name and telling the group one personality characteristic that you like about yourself.

By personality characteristic I mean qualities like honest, caring, sincere, hard-working, kind, friendly, humorous, good natured, patient, and so on.

To show you what I mean I will start.

My name is and the quality I like is

HAVE EACH GROUP MEMBER GIVE HER NAME AND ONE PERSONALITY CHARACTERISTIC SHE LIKES ABOUT HERSELF. GIVE OUT STROKES FOR PARTICIPATING.

Thank you. That was very good.

Here are your "Thanks" for this morning's session.

GIVE EACH WOMAN 20 "THANKS."

What have you done to make your life better since the last time we met?

ENCOURAGE BRIEF RESPONSES AND GIVE OUT "THANKS." KEEP THE PACE MOVING.

Each one of you selected a goal to achieve between sessions.

Please tell us how that went.

HAVE EACH WOMAN SHARE HOW WORKING ON HER BETWEEN-SESSION GOAL WENT. ENCOURAGE BRIEF SHARING AND GIVE OUT "THANKS." DISCUSS AND SEARCH FOR OBSTACLES TO DOING THE TASK. KEEP THE PACE MOVING.

Remember that at the end of this morning's session there will be some time to ask the group questions or share things you want to say and didn't have a chance to mention during the training.

As you will recall, we are working on ways of coping that make us feel better.

We have focused on recognizing our feelings: fear, love, anger, sadness, happiness.

And we have coped with anger, fear, and sadness.

We have practiced relaxing, expressing, social support in the group, talking to the empty chair, and dealing with our harmful thoughts.

Another way to cope with the feelings generated by living with AIDS is through creating new meaning about your illness.

Exercise 2: What Is Important in My Life?
(20 minutes)

[The purpose of this exercise is for the mothers to identify what is important to them at this point in their lives. A script, Feeling Thermometer, and value cards are used to achieve that purpose.]

Here is our TV soap opera to start us off.

I need two volunteers - one will play Sylvia and the other Patricia.

SELECT THE VOLUNTEERS, DECIDE WHO WILL PLAY EACH PART, GIVE THEM THE SCRIPTS, AND HAVE THEM READ THEM ALOUD.

THE QUESTION MARK

PATRICIA: Hello, Sylvia.

SYLVIA: Don't call me Sylvia.

PATRICIA: Why not? That's your name.

SYLVIA: Call me "Don't Know."

PATRICIA: Are you crazy?

SYLVIA: Call me "Question Mark."

PATRICIA: Have you lost your marbles?

SYLVIA: Could be.

PATRICIA: What's wrong with you?

SYLVIA: After this AIDS thing happened to me, I don't know anything any more. If there's a God up there, how could God let this fall on me?

PATRICIA: This is too heavy for me.

SYLVIA: No, you asked; so, you stay and listen. What's the purpose of my being here - to suffer? Is that it?

PATRICIA: I told you this is too deep for me.

SYLVIA: I must be worth next to nothing. They tell me to love myself. Shit! How can I love myself when I got AIDS? They say "Help out the community. Save the people." Do you think the community cares about me?

PATRICIA: You are stepping on toes, Sylvia.

SYLVIA: If I thought I could make myself live one day longer, then at least I'd have some tiny bit of power, but I can't do a damn thing.

PATRICIA: You better see somebody.

SYLVIA: I'm seeing you.

PATRICIA: No, a doctor, a priest, a psychiatrist.

SYLVIA: Now who is talking crazy?

THE END

Thank you!

GIVE OUT "THANKS" TO THE PLAYERS.

Learning about how to create positive meaning is what we will be doing in today's session.

To get started I would like you to fill out a Feeling Thermometer on the meaning of having AIDS.

Here is the Feeling Thermometer.

HAND OUT COPIES OF THE FEELING THERMOMETER ON MEANING.

I will read the situations and you record what your comfort level would be.

Remember that 100 degrees means very uncomfortable and 0 degrees means totally calm.

READ THE SITUATIONS AND ENCOURAGE RECORDING TEMPERATURE READINGS ON THE FORM. THE SITUATIONS ARE AS FOLLOWS:

1. Your teenager asks you how you got AIDS.

2. Your friend says, "Do you think you have changed as person now that you got AIDS?"
3. Your mother says, "Now that you got AIDS, what are you going to do with the rest of your life?"

Are there other situations where you have had to think about what having AIDS means to you?

What are they?

ENCOURAGE SHARING OTHER SITUATIONS.

How comfortable are you thinking about what it means to you?

ENCOURAGE RESPONSES.

One of the first steps in creating positive meaning about having AIDS is to find out what is important to you.

Sometimes we are not sure what is important to us and which quality is more important than all the others.

To begin exploring what is important to you, I am going to give each person a pack of cards.

On each card there is a value like freedom or equality or living a comfortable life.

There is also a picture which stands for the value.

Like a heart for love and a dollar sign for money and the Statue of Liberty for freedom.

PASS OUT A SET OF VALUE CARDS TO EACH WOMAN.

VALUE CARDS

<u>VALUE</u>	<u>DEFINITION</u>	<u>SYMBOL</u>
A COMFORTABLE LIFE	A PROSPEROUS LIFE	MONEY
FAMILY SECURITY	TAKING CARE OF LOVED ONES	FAMILY GROUP
MATURE LOVE	SEXUAL AND SPIRITUAL INTIMACY	HEART
FREEDOM	INDEPENDENCE, FREE CHOICE	STATUE OF LIBERTY
EQUALITY	BROTHERHOOD, EQUAL OPPORTUNITY FOR ALL	HANDS TOGETHER
AN EXCITING LIFE	A STIMULATING, ACTIVE LIFE	DANCER, SKIER
SELF-RESPECT	SELF-ESTEEM	THUMBS UP
INNER HARMONY	FREEDOM FROM INNER CONFLICT	YIN/YANG
SOCIAL RECOGNITION	RESPECT, ADMIRATION	DIPLOMA
SPIRITUALITY	RELATING TO HIGHER POWERS	PRAYING HANDS
HAPPINESS	CONTENTEDNESS	MUSICAL NOTES
A WORLD OF BEAUTY	BEAUTY OF NATURE AND THE ARTS	SUNRISE
SAFETY	PROTECTION FROM ATTACK, CRIME AND VIOLENCE	MOTHER & CHILD POLICE
A SENSE OF ACCOMPLISHMENT	LASTING CONTRIBUTION	ROCKET BLAST OFF
PLEASURE	AN ENJOYABLE, LEISURELY LIFE	SAILBOAT
WISDOM	A MATURE UNDERSTANDING OF LIFE	BUDDHA
A WORLD AT PEACE FREE OF WAR AND CONFLICT		DOVE

TRUE FRIENDSHIP

CLOSE COMPANIONSHIP

2 GIRLS
AT THE BEACH

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FAMILY, COMMUNITY, AND
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SOLVE PROBLEMS TOGETHER

TOOLS

Please sort the values into three piles: high importance to you, medium importance to you, and low importance.

For now trust your first impulse.

Don't spend a lot of time mulling over where they go.

ALLOW ABOUT FIVE MINUTES FOR SORTING INTO THREE PILES.

If there are values that are really important to you which is not here, please write it on the blank cards that will give you and put it in the high pile.

PASS OUT TWO BLANK INDEX CARDS AND A PENCIL TO EACH WOMAN.

Now look at the cards in the high importance pile.

Pick out your three most important values and decide on which of the three is the highest to you.

ALLOW A MINUTE FOR PICKING OUT THE THREE MOST IMPORTANT.

Will you share with the group your highest values?

ENCOURAGE SHARING. GIVE OUT "THANKS." MAKE A GROUP LIST OF THE HIGHEST. WRITE THEM ON NEWSPRINT.

That was really great.

COLLECT THE VALUE CARDS.

How did it feel going through what was important to you?

Now that we have that base of what is important we can explore the meaning of having AIDS even further.

Exercise 3: What Does Having AIDS Mean to Me?
(20 minutes)

[The purpose of this exercise is for mothers to come up with an explanation of what having AIDS means to them. Role playing and sharing are employed to reach that end.]

Many people who become HIV positive and get AIDS ask questions like "What does it all mean?" and "Why me?"

Even though they know or can guess how the virus was transmitted, their whole life has been thrown off and they look for new meaning.

For some women "Why me?" becomes a very important question, and they create answers.

Here are some examples.

"I must have inherited a weakness that made me vulnerable."

"It was my fate, my destiny."

"Because I have always been a strong person, God knew I could handle it."

It is very important to find an answer that you are comfortable with.

Do not settle on an answer that is damaging to you.

People living with AIDS need positive explanations.

It doesn't matter if the explanation uses the imagination and has a little bit of fantasy in it.

Here are some examples of positive explanations.

"I stop wanting things and making myself unhappy when I didn't get them. Now I get enjoyment out of every day, every moment."

"I stopped playing games with people and with my self. I know what is important to me now and go after it."

"I have learned an enormous amount myself. I used to not be able to face myself in the mirror, and now I can."

"I have come to find out that I am a strong person. Before I thought I was weak."

To explore coming up with an answer we will start with a role play.

Clara wants to find an answer.

Who will play Clara?

SELECT A VOLUNTEER.

Clara talks to her friend, Lee Ann.

Who will play Lee Ann?

SELECT A VOLUNTEER.

Here are your instructions, Clara.

You just found out that you have AIDS. You wonder, "Does that mean I am bad?"

"Is God punishing me?"

"Did I do something to deserve this?"

Ask your friend to help you figure this out.

Here are the instructions for Barbara.

Barbara, your task is to help Clara come with a positive meaning to having AIDS.

Are you both clear on what your task is?

CLARIFY ANY MISCONCEPTIONS.

OK. I will put two chairs in the middle of the room.

HAVE THEM MOVE TO THE MIDDLE OF THE ROOM AND SIT ON TWO CHAIRS.

The rest of you will be observers.

Each of you who are observing need to have a task.

ASSIGN A SPECIFIC AND DIFFERENT TASK TO EACH OBSERVER.

What do their faces tell you?

What do their eyes tell you?

What do their voices tell you?

What do their postures tell you?

What do their gestures tell you?

What do their words tell you?

What does their breathing tell you?

What do their feelings tell you?

Now let's start the role play.

ALLOW THE ROLE PLAY TO GO FOR FOUR MINUTES.

That was really good!

GIVE OUT "THANKS" TO THE ROLE PLAYERS.

Lee Ann, tell us how you felt, one thing you liked about the way you helped Clara come up with a positive meaning and one thing you would do differently.

ENCOURAGE LEE ANN'S RESPONSE.

Clara, how did you feel, what was one thing you Lee Ann did that you liked and one thing you would do differently?

ENCOURAGE CLARA'S RESPONSES.

Now for the observers.

Tell us one thing you liked about how Lee Ann helped Clara and one thing you would have done differently.

ENCOURAGE RESPONSES AND DISCUSS. GIVE OUT "THANKS." WHATEVER RESPONSE HELPS THE PERSON FEEL BETTER IS ACCEPTABLE. THE CRITERION IS CREATING POSITIVE FEELINGS THAT HELP THE PERSON SURVIVE AND ENABLE THEM TO TAKE CARE OF THEIR CHILDREN, NOT PLAUSIBILITY.

Here is another example of a positive explanation.

"Six months ago I was told I had AIDS.

At first I was miserable.

When I tell my friends how I see it now, they think I am crazy.

The love I get from my children and from the rest of my family is enormous.

My family wouldn't have pulled together and become a real family.

Family members would not have got over their selfishness and learned how to give and to love.

Out of misfortune and misery has come something wonderful."

What do you think of that response?

ENCOURAGE REACTIONS.

Please take a moment and think about how you would explain this misfortune coming to you.

ALLOW A MINUTE OR TWO OF THINKING. THEN DIVIDE THE GROUP INTO PAIRS.

Please tell your partner what your explanation is.

Listen to each other and be supportive.

What is right for your partner may be a way that you would not approach it.

ALLOW A FEW MINUTES OF SHARING.

Thank you for sharing with each other.

Exercise 5: How Can We Let Out Some Tension?
(5 minutes)

[The purpose of this exercise is to reduce tension. A relaxation sequence is used.]

It is time for a little relaxation.

LEAD THE GROUP THROUGH THE RELAXATION SEQUENCE "BREATHING."

RELAXATION SEQUENCE: BREATHING

Get yourself in a comfortable position.

Begin by watching your breath. PAUSE

Just let it come and go naturally. PAUSE

In PAUSE and out PAUSE.

In PAUSE and out PAUSE.

Continue to breathe slowly in and out while you listen to me.

Your abdomen is the balloon where your breath is stored.

Put your hand right below your belly button and feel it move up as you take in air.

Feel your hand rise. PAUSE

And let the air out.

Feel your hand go down as you let the air out. PAUSE

In PAUSE and out PAUSE.

In PAUSE and out PAUSE.

Put your hand in the air and feel it swing back and forth like a gate as you breathe.

In and out. PAUSE

In and out. PAUSE

Now I want you to start counting your breath.

Out on one. PAUSE

In on two. PAUSE

Out on three. PAUSE

In on four. PAUSE

Out on five. PAUSE

In on six. PAUSE

Out on seven. PAUSE

In on eight. PAUSE

Out on nine. PAUSE

and in on ten. PAUSE Back to one.

Out on one.

Keep it going.

If a thought gets you off count, go back to one.

If thoughts enter your head, that is ok.

Don't try to stop them. PAUSE

Hear them and let them go. PAUSE

Don't talk with them. PAUSE

Just keep breathing and counting. PAUSE

Do it on your own. PAUSE

Do it at your own pace. PAUSE

Put your hands in your lap. PAUSE

Breathe slowly. PAUSE

Breathe deeply. PAUSE

Count your breath. SILENCE FOR 90 SECONDS.

That was very good.

Yawn and stretch.

Yawn and stretch.

As you can see sometimes we will do a relaxation that uses the imagination, sometimes the body, and at other times the breath.

Here is a copy of those relaxation instructions so that you can put them in your workbook and practice relaxation at home.

HAND OUT THE RELAXATION INSTRUCTIONS.

Exercise 5: How Can I Take Charge?
(20 minutes)

[The purpose of this exercise is to increase the mothers' sense of control and self-efficacy. Pairs work on steps to take in areas such as diet, general health, family and enjoyment.]

Another question related to the meaning of living with AIDS is "What can I do?"

It is very important to believe that what you do makes a difference.

For example, a recent study found that people living with AIDS who exercise regularly do better mentally and physically.

That exercise can be taking a 30 minute walk on a regular basis.

I am going to divide the group into pairs.

Each pair will have a task.

That task will be to think of three things a mother living with AIDS could do to improve her life in the area that I assign to you.

The areas are 1) diet, 2) general health care like smoking, exercise, sleep, drugs and alcohol, 3) getting health care, 4) family, and 5) enjoyment.

For example, a mother could make sure she got adequate sleep.

She could ask her doctor a lot of questions so that she knew what was going on in terms of her treatment.

DIVIDE THE GROUP INTO PAIRS. ASSIGN EACH PAIR ONE AREA TO WORK ON. BELOW ARE THE AREAS TO DISCUSS. EXAMPLES ARE PROVIDED FOR THE FACILITATOR IN LEADING A DISCUSSION.

AREA

EXAMPLES

DIET (FOOD)

EAT FRUIT, EAT YELLOW VEGETABLES, DRINK LOTS OF WATER, TAKE VITAMINS

GENERAL HEALTH	STOP SMOKING, EXERCISE, CUT DOWN ON ALCOHOL, NO DRUGS, PLENTY OF SLEEP.
HEALTH CARE SYSTEM	TAKE AN ACTIVE PART IN HEALTH CARE DECISIONS, ASK QUESTIONS, ASK FOR EXPLANATIONS, FOLLOW TREATMENT REGIMENS
FAMILY	SET ASIDE ONE HOUR PER DAY FOR QUALITY TIME WITH CHILDREN, DISCUSS FAMILY RULES, HAVE A FAMILY SCHEDULE
ENJOYMENT	EACH WEEK DO SOMETHING SPECIAL FOR SELF: TAKE A BUBBLE BATH, BUY A FLOWER, WINDOW SHOP. TALK TO A FRIEND.

BOTH FACILITATORS WANDER AMONG THE GROUPS AND COACH IF NEEDED. ALLOW FOUR MINUTES TO COMPLETE THE TASK. ASK THE PAIRS TO SHARE WHAT THEY DID.

OK, let's hear what each pair came up with.

ENCOURAGE SHARING. GIVE OUT "THANKS." DISCUSS.

That was very good.

Now we will work on the meaning of your feelings about yourself and the meaning of the future.

Exercise 6: Coping with My Image
(15 minutes)

[The purpose of this exercise is to repair some of the low self-esteem that occurs when someone develops a chronic and terminal illness. Consider how the mothers want to be remembered is the approach used here.]

I want you to think about how you want to be remembered by your family and friends.

In the future when they think about you, when they talk about you among themselves, what would you like them to say?

For example, you might say, "I want to be remembered as a loving person.

Someone who had time for other people.

I want them to think of me as someone who was always straight with them.

I want them to see me as a strong person who went through a lot of trouble with courage.

I want to be thought of as a forgiving person also.

I want them to remember the time I got my high school diploma.

I was so happy I danced all night long."

I am going to divide the group in half, and, after you have thought of how you want to be remembered, we will ask each person to share her thoughts about being remembered.

DIVIDE THE GROUP IN HALF. A FACILITATOR GOES WITH EACH GROUP. ALLOW A LITTLE TIME TO THINK OF HOW THEY WANT TO BE REMEMBERED THEN HAVE EACH PERSON SHARE. GIVE OUT "THANKS". HAVE THEM COME BACK TO THE BIG GROUP.

Exercise 7: How Can I Look Ahead?
(20 minutes)

[The purposes of this exercise are to build self-esteem and group cohesion. Creating a future vision, free time, saying a positive mantra, and group appreciation are the approaches used.]

We are near the end of this morning's session.

I would like to close with creating a future vision, free time for sharing, and showing appreciation to each other.

Now I would like you to develop a vision of how you want to use the rest of your life.

What do you want to accomplish in the time you have left?

At this point I am not asking you to have goals.

Goals are often what you think you should do.

Visions are what you want to do.

When I said the word "vision" - develop a "vision" of the future, I mean to create a picture in your mind.

If you wish, there don't have to be any words attached.

When you create your vision, be true to yourself, be honest, forget the "shoulds," and feel free to create it, to make it up.

Also don't create an impossible vision.

If you can't fly a plane, don't have a vision of piloting a big jet to Africa.

Let's see if we can get in the mood for creating your own vision of the future.

Get comfortable in your chair. PAUSE

Yawn and stretch. PAUSE

Yawn and stretch. PAUSE

Close your eyes.

Picture a blue sky. PAUSE

Have you got it?

See your favorite food. PAUSE

Now picture the face of your best friend. PAUSE

Good.

See yourself at a time that was really good for you. PAUSE

Now we will move toward your vision of yourself in the future.

When I ask you this next question, don't really try to answer it, but let your mind just turn it over and play with it.

What do you want to achieve in the time that remains to you? PAUSE

Breathe out deeply three times. PAUSE

Somewhere deep within you are visions of what you want for yourself in the future. PAUSE

Deep, deep within you. PAUSE

Let's go deeper.

It's like we are at the top of the stairs, and, as I count, we will go down deeper.

10.....9.....8.....7.....6.....5.....4.....3.....2.....1

See the visions taking shape. PAUSE

Let a vision come to you of what you want to achieve in the rest of your life. PAUSE

Picture yourself there. PAUSE

Colors, sounds, smells. PAUSE

If you don't like the vision that comes to you, create another one.

If no vision floats up to you, make one up. PAUSE

Take a little time and make your vision. PAUSE

Now as we come back up the stairs, hold on to your vision.

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Keep that vision with you as we go through the rest of the workshop together.

It is your own special vision.

If you want to tell someone close to you, that is up to you.

You can do with your vision whatever you want.

Take a moment and think of a special word or picture that you can use to call the vision back to you.

It is time to bring up things you wanted to say and did not have a chance to.

PROVIDE TEN MINUTES OF FREE TIME FOR SHARING COMMENTS OR ASKING QUESTIONS OF THE GROUP.

Now let's end this morning's session with a positive statement and showing appreciation.

Today we worked on feeling better through developing meaning for what has happened.

After lunch we will move away from making us feel better and we will work on the problem of whom to tell that we have AIDS.

Let's say these words together.

PUT UP THE POSTER AND HAVE THEM REPEAT THE WORDS.

"I HAVE A DREAM. I HAVE A VISION. I WILL FULFILL MY DREAM."

Now let's show appreciation for everyone's contributions to the morning's session.

SHOW APPRECIATION. POINT OUT THAT SOME MEMBERS OF THE GROUP ARE QUIETLY VERY GIVING AND SUPPORTIVE OF OTHER MEMBERS. WE NEED TO SHOW APPRECIATION FOR SUPPORTING AS WELL AS OTHER KINDS OF CONTRIBUTIONS. GIVE OUT "THANKS."

I will see you after lunch and look forward to working with you some more.

THE END OF SESSION 5

THE QUESTION MARK

PATRICIA: Hello, Sylvia.

SYLVIA: Don't call me Sylvia.

PATRICIA: Why not? That's your name.

SYLVIA: Call me "Don't Know."

PATRICIA: Are you crazy?

SYLVIA: Call me "Question Mark."

PATRICIA: Have you lost your marbles?

SYLVIA: Could be.

PATRICIA: What's wrong with you?

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PATRICIA: You better see somebody.

SYLVIA: I'm seeing you.

PATRICIA: No, a doctor, a priest, a psychiatrist.

SYLVIA: Now who is talking crazy?

THE END

August 1995

FEELING THERMOMETER FOR MEANING

100	VERY UNCOMFORTABLE
90	
80	
70	
60	
50	
40	
30	
20	
10	
0	TOTALLY COMFORTABLE

SITUATION

THERMOMETER
READING

1. Your teenager asks you how you got AIDS.

2. Your friend says, "Do you think you changed as a person now that you got AIDS?"

3. Your mother says, "Now that you got AIDS, what are you going to do with the rest of your life?"

VALUE CARDS

<u>VALUE</u>	<u>DEFINITION</u>	<u>SYMBOL</u>
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RELAXATION SEQUENCE: BREATHING

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Begin by watching your breath. PAUSE

Just let it come and go naturally. PAUSE

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In and out. PAUSE

In and out. PAUSE

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In on six. PAUSE

Out on seven. PAUSE

In on eight. PAUSE

Out on nine. PAUSE

and in on ten. PAUSE Back to one.

Out on one.

Keep it going.

If a thought gets you off count, go back to one.

If thoughts enter your head, that is ok.

Don't try to stop them. PAUSE

Hear them and let them go. PAUSE

Don't talk with them. PAUSE

Just keep breathing and counting. PAUSE

Do it on your own. PAUSE

Do it at your own pace. PAUSE

Put your hands in your lap. PAUSE

Breathe slowly. PAUSE

Breathe deeply. PAUSE

Count your breath. SILENCE FOR 90 SECONDS.

That was very good.

Yawn and stretch.

Yawn and stretch.

August 1995