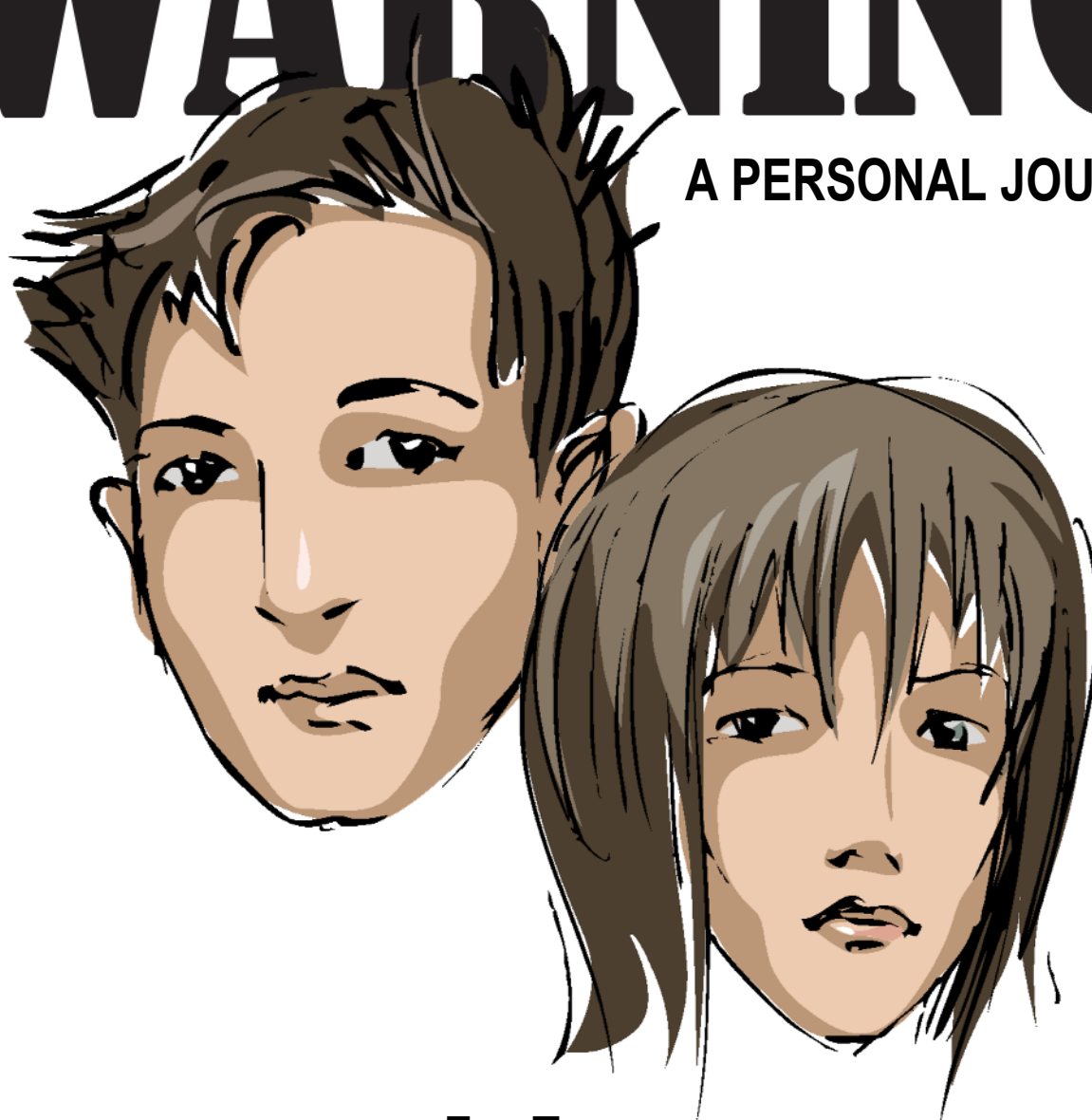


Without WARNING

A PERSONAL JOURNAL



**For Teenagers
who have Experienced
Trauma or Death**

A RENEW Center, Inc. Resource

Without Warning

**A Personal Journal
for Teenagers who have Experienced Trauma or Death**

Judy Keith, Ed. D.



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Dr. Judy Keith was widowed at age 30. She had a son, Billy, age 7, and a son, Chris, age 2 when their father, Joe, was killed suddenly in an accident. At age 17, Billy was also killed in an automobile accident. Now Dr. Keith lectures, writes, and provides counseling for children and their families. Dr. Judy is a certified death educator, trauma specialist, and a health education specialist.

Dear Fellow Travelers:

This journal is for you to use as a tool for processing and recording your trauma experience...whether the trauma was an accident, storm, or a violent death. Writing in it will help you to process this stressful experience(s). However this journal is merely one way of releasing this experience. You might also choose to ask that trained professionals conduct a critical incident stress debriefing for you. You may need to participate in debriefing several times. Debriefing allows you to understand that all your responses to trauma are normal and that others' experiences are very similar. It also helps you to release the experience so that you don't have nightmares, flashbacks, anxiety and other symptoms. You may also choose to participate in a support group or seek private counseling.

There are no right or wrong answers when you experience a trauma...you feel what you feel...you see what you see...you hear what you hear...you did what you did...etc.

When you do not have other people around to help you with this experience, write about it in this journal. Remember you are a normal person who experienced something pretty awful. It is important that you take care of yourself. This journal will help. Take time to heal.

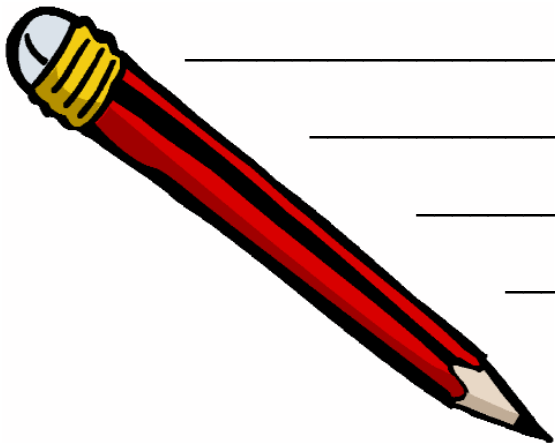
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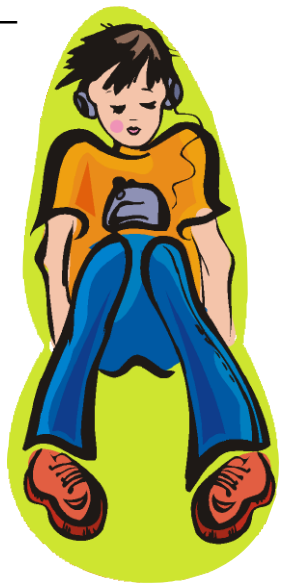
My Name is: _____

Where were you when the event (death, accident, disaster, abuse) happened?

Describe your surroundings.



What were you doing?





A cartoon illustration of a boy and a girl walking together under a large, open umbrella. The umbrella has a yellow top half and an orange bottom half. The girl, on the left, is wearing a pink jacket and blue pants. The boy, on the right, is wearing a purple sweater and light blue pants. They are both looking towards the viewer. The background is a light gray, suggesting a rainy day.

[illegible]

What did others do that was hurtful?


It doesn't matter if you think they meant well. Write about what was hurtful anyway. It helps to acknowledge your feelings.

This image shows a blank 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.

[illegible]

[illegible]

What have you thought about the most?

A cartoon illustration of a young girl with long, wavy blue hair, wearing a blue shirt. She is sitting at a desk, leaning forward and reading an open book. The desk is brown, and the book has blue pages. The background is white with horizontal lines for writing.

Describe how you felt during the event.

This image shows a blank 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.

Describe your feelings after some time had passed.

[illegible]

If someone died, describe what was helpful about the wake, funeral or memorial service. If no one died, but someone was injured, you can describe the medical treatment.



Describe what was not helpful.

[illegible]

Describe what school staff did that was helpful?



Describe what they did that was not helpful?

What did school staff do that was hurtful?

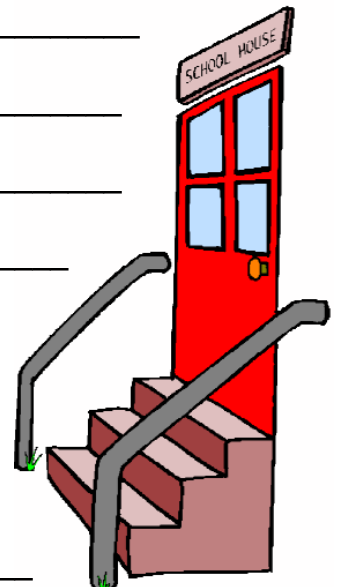
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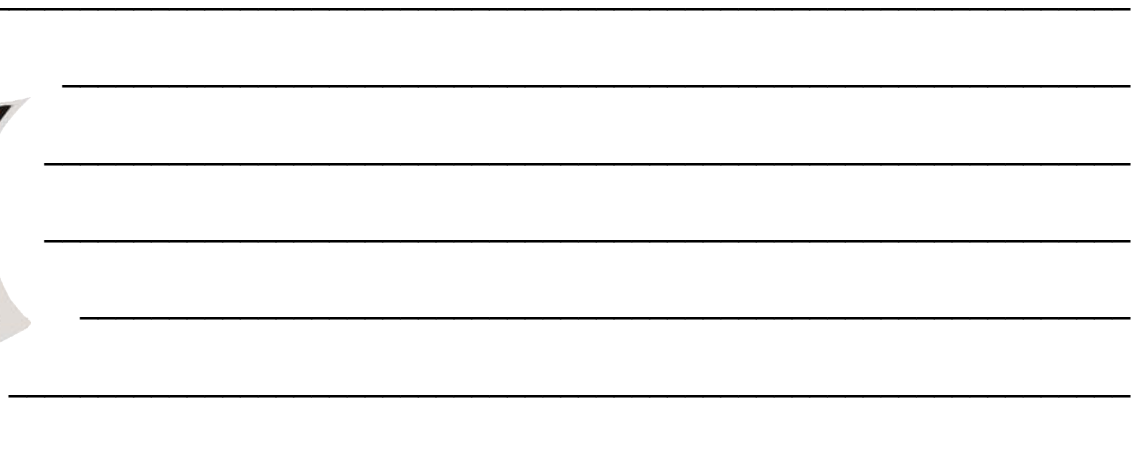
What did your friends at school do that was helpful?



What did students do at school that was not helpful?

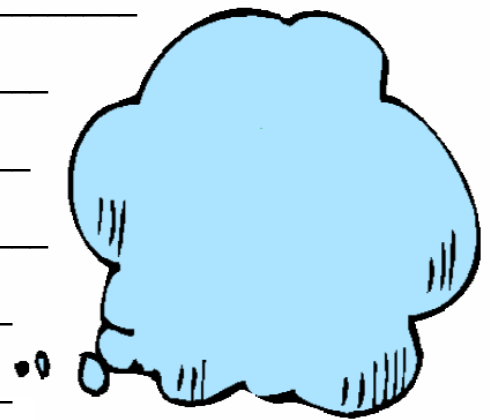
What did students do at school that was hurtful?



This image shows a blank 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.

What dreams do you remember having after any of these events?

Describe your dreams.



What “flashbacks” have you had? (Suddenly remembering the event and feeling like it is happening again)

Describe your flashbacks.

[illegible]

Sometimes you are angry. What is your anger about?

What do you do to express your anger appropriately?

Write about your feelings. Do you exercise, count to "10", talk to someone, etc.?

Sometimes you feel sad. What is your sadness about?




Who can you talk with about your sadness?

You may have regrets. What do you regret?

I wish I had . . .



I wish I had not . . .



I'm glad I . . .

This image shows a blank 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.

What times and things do you have difficulty remembering?

What valuable lessons have you learned from this event?

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.

If there was a trial or lawsuit, what bothered you the most about the trial or lawsuit?



If there was media coverage of the event or the trial, what bothered you most about the media coverage?

What do you do differently since the event to feel safe?

What thoughts, smells or sounds trigger you to think about the event?



Describe your emotional or physical symptoms since the event.

[illegible]

What helps to relieve these symptoms?

This image shows a blank 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.

What do you do to take care of yourself?



If someone died, describe your fondest memories of that individual.

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.

If you could see this person again, what would you say?

When you think about the meaning of life, what do you realize?



What do you wish you had said to your loved one(s)?



The remainder of the journal is for you to write about anything that is important to you.



[illegible]

[illegible]

This image shows a blank 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.