This document presents a workbook and facilitator's notes designed for use with small groups or with individual students in secondary schools to help them cope with troubling events related to the Gulf War. The material contained in the workbook is designed to help students deal with each of seven stages that the mastery model sees individuals working through in order to minimize the emotional trauma associated with a major crisis: discrimination, coping, restitution, survivor's guilt, reintroduction of structure, insight into relationships between symptoms and trauma, and development/widening of a support system. The facilitator's notes recommend meeting with students over a period of 6 to 8 weeks. The student journal contains the following sections to be completed by the student: (1) About Me; (2) The Military life; (3) Feelings; (4) How I Stay Informed; (5) How I Cope; (6) Helpers; (7) Separations; (8) Problems on the Home Front; (9) More Feelings; and (10) Taking Care of Me. Following the first meeting in which the journal is discussed and the first section completed and discussed, it is suggested that subsequent sessions include a brief meeting followed by time for students to individually complete one section of the journal to be used as the focus of discussion for the rest of the session. Included are 10 separate sections which may be completed individually or in combination and an incomplete letter for students to complete. (NB)
Thoughts and Views on The Gulf War
Facilitators Notes
This workbook is intended for use in small groups or with individual students. Its purpose is to provide student services personnel with a guide for helping secondary students cope with troubling events related to the Gulf War. It is based upon the mastery model developed by Thomas Haizlip, M.D., which supposes that to minimize the emotional trauma associated with a major crisis, one must work through the following stages:

1. Discrimination;
2. Coping;
3. Restitution;
4. Survivor's guilt;
5. Reintroduction of structure;
6. Insight into relationships between symptoms and trauma;
7. Development/widening of a support system.

The material contained in the workbook is designed to explore and help the student begin to deal with each of these stages.

We are recommending that facilitators meet with students over a period of six to eight weeks. In the first meeting, the journal should be discussed to include the issue of confidentiality (SEE NOTES TO STUDENTS page) and the ABOUT ME section completed and discussed. The suggested format for subsequent meetings is to have a brief meeting followed by students individually completing one section of the journal. After everyone has completed the section, it can be used as the focus of the discussion for the session. There are ten separate sections which may be done individually or in combination and an incomplete letter for the students to complete and elaborate.

Specific notes or sections:

ABOUT ME:

If a student has more than five family members, the exercise can be continued on the back of the page.

THE MILITARY LIFE:

If more than one person is listed in step 1, have student continue step 2 on the back. Step 2 is designed to help the facilitator determine how much the student really understands about the job of the active duty parent. An incomplete understanding can be a source of distress in itself. In discussing steps 5 and 6, it is important for the facilitator to remain neutral in the expression of opinions which might intensify the level of emotional conflict for the student.

FEELINGS: No comments.

HELPERS: No comments.
SEPARATIONS:
Facilitator may want to mention that sometimes it is easier to part from someone when you are angry at them than when the relationship is particularly close. Parting when feeling close can be very painful which is one reason why people start distancing from each other if a parting is coming.

PROBLEMS ON THE HOME FRONT:
Life goes on at home with many of the same problems that existed before the Gulf Crisis. This exercise provides the opportunity to examine common areas of family conflict. It would be a good opportunity to develop listening skills, communication skills, negotiating-mediation skills, and to develop empathy for someone else's perspective and problems.

MORE FEELINGS: No comments.

TAKING CARE OF ME: No comments.

INCOMPLETE LETTER:
Not all letters need to be sent. This exercise is provided as a starter letter. Some students may prefer to write their own letters. Each student should be encouraged to write letters to the person (people) they are separated from, but it should be left up to the individual student to mail or not mail the letter. Some students may benefit from putting thoughts and feelings on paper knowing that no one else will read them.
Thoughts & Views on the Gulf War

Rick Hollings M.A.
Beth K. Berghoff Ph.D.
NOTE TO STUDENTS

Right now, you may be going through a struggle trying to understand and come to terms with the events going on in the Gulf. This situation is troubling to all of us; however, it is especially difficult for young people who have never experienced a major war or crisis.

This journal was developed as a way of assisting you in understanding and working through your thoughts and feelings about the Gulf War and the affects it is having on your life. It is designed to be completed in a group with the aid of your school counselor, psychologist or student services person although it can be done in discussion between you and that person alone. The journal is meant to be completed over a period of time so that you can work at a pace which is comfortable for you.

As you complete your journal, we encourage you to share your insights, thoughts, feelings with your family. Doing so can be beneficial for them as well as for you. Also remember that for the most part, your thoughts, feelings and what you write in the journal will be kept confidential with two exceptions which will be discussed by your counselor.
About Me

Name ____________________________ School _______________ Grade __________

My Family:

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>3 Characteristics of the person</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
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</tbody>
</table>

Favorites:

<table>
<thead>
<tr>
<th>food</th>
<th>T. V. show</th>
</tr>
</thead>
<tbody>
<tr>
<td>color</td>
<td>group</td>
</tr>
<tr>
<td>person</td>
<td>activity</td>
</tr>
<tr>
<td>song</td>
<td>place</td>
</tr>
</tbody>
</table>

Least favorite:

<table>
<thead>
<tr>
<th>food</th>
<th>T. V. show</th>
</tr>
</thead>
<tbody>
<tr>
<td>color</td>
<td>group</td>
</tr>
<tr>
<td>person</td>
<td>activity</td>
</tr>
<tr>
<td>song</td>
<td>place</td>
</tr>
</tbody>
</table>

The best thing I ever did was

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

The worst thing that ever happened to me was

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
1. Someone important to me is in the military. That person(s) is (are):

________________________
________________________
________________________

2. In the military ________________ job is to _______

________________________
________________________
________________________

3. Going off to the Gulf War is different from other times that ________________ has had to leave because ___

________________________
________________________
________________________

4. There is (more) (less) stress for me since ____________ has been deployed.

5. What I think lead to the Gulf War is ________________

________________________
________________________
________________________

6. What makes the Gulf War different from other crises is

________________________
________________________
________________________
Feelings that I have had about the Gulf War.

_____ afraid    _____ helplessness    _____ lonely
_____ worried   _____ anger         _____ excited
_____ relief    _____ bitter        _____ troubled
_____ frustration _____ nervous      _____ confident
_____ guilty    _____ left out      _____ tension
_____ sad

Other times I have felt some of these feelings are ______
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What has been said to me that makes me feel better is ______
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What has been said to me that makes me feel sad is ______
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What has been said to me that makes me feel worse is ______
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
How I Stay Informed

Activities I do to keep up with what is going on in the Gulf.

<table>
<thead>
<tr>
<th>Activity</th>
<th>How Often</th>
<th>How I Feel</th>
</tr>
</thead>
<tbody>
<tr>
<td>TV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radio</td>
<td></td>
<td></td>
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<tr>
<td>Newspaper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friends</td>
<td></td>
<td></td>
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<tr>
<td>Telephone</td>
<td></td>
<td></td>
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<tr>
<td>Teacher</td>
<td></td>
<td></td>
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<tr>
<td>Parent</td>
<td></td>
<td></td>
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<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

On a scale of 1-10. Keeping up with the news makes me feel:

1. Bad
5. ______
10. Good

Notes:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

10
How I Cope

On a scale of 1-10 how I am coping with ____________'s deployment is:

1 5 10
Poorly Well

When I need:

to be comforted I can __________________________

to be loved I can __________________________

to be angry I can __________________________

to be alone I can __________________________

How the Gulf War has changed the way I think and feel ________

How the Gulf War has changed the things I do ______________

. 5 11
What I do that helps me COPE when I am sad, upset or angry:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Some things that help me feel better when I think about the Gulf War are:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Who I usually talk to when I'm upset or anxious: ( √ )
mother ___ sister ___ girlfriend ___
father ___ pastor ___ pet ___
friend ___ teacher ___ other ___
brother ___ counselor ___

The one(s) that listen best are _____________________________________________

__________________________________________________________________________

The kinds of things that my family does together that:

helps me makes life harder for me
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Something that I think would help me but I haven't been able to do is ______________________________________
__________________________________________________________________________
__________________________________________________________________________
Separations

When __________________ left did I get to say goodbye like I wanted to? ______

Other things I wanted to say but didn't:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

What I would like to do for __________________ that I haven't done ____________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

I can let __________________ know how I feel now by
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Notes:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

## Problems on the Home front

<table>
<thead>
<tr>
<th>Problem Area</th>
<th>Proposed Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Chores</td>
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<td></td>
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<tr>
<td>2. School</td>
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<tr>
<td>3. Money</td>
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<tr>
<td>4. Curfew</td>
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<tr>
<td>5. Discipline</td>
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<tr>
<td>6. Back talk</td>
<td></td>
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<td>7. Friends</td>
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<tr>
<td>8. Brothers/sisters</td>
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<tr>
<td>9. Parent</td>
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<tr>
<td>10. Other</td>
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</table>
More feelings

How I can tell when the Gulf War is bothering me? What happens to my thoughts, feelings, and/or behaviors is

How I keep my thoughts and feelings about the Gulf War separate from feelings about the other things in my life (school, friendships, family, etc.)

The things that are happening right now that concern me are

What I do when I am concerned is
Taking Care of Me

Even during bad times I need to take care of myself. If I don't take care of myself, I won't be able to take care of others.

Some ways I take care of myself now are:
(some starter ideas)
- pet the dog
- get some sleep
- kick a tree
- hug a friend
- have a pizza

Some other things I can do in the future to take care of myself are:

Notes:
Dear ___________________

I am ___________________. A funny thing happened to me. I was ___________________.

School is going ___________________. Yesterday I ___________________.

Since you've left I've ___________________.

I really feel ___________________ when you are away. The best thing to happen to me since you left was ___________________.

and the worst was ___________________.

Remember when we used to ___________________.

I wanted to tell you that ___________________.

Don't forget ___________________.

Is your favorite thing still ___________________.

Love,