



Back to the past...

Please prepare for landing.

What can you remember from the last session?

MIRIAM

7/7

Your Feelings

Review Miriam's Story Parts 1 & 2



Match the word to the meaning

ANGER

BLAME

DEPRESSION

Acceptance

HATRED

Justice

BITTERNESS

Revenge

Guilt

DISBELIEF

Sadness

To punish someone (often using violence) because they've done something to hurt you or someone you care about.

Match the word to the meaning

DEPRESSION

To punish someone (often using violence) because they've done something to hurt you or someone you care about.

Guilt

To feel very sad and to feel bad about yourself or your life.

Justice

To feel that you have done something wrong.

Revenge

Finding it hard to believe that something has really happened.

DISBELIEF

The idea of fairness: for example, that people who have done bad things should be punished

Acceptance

Coming to terms with something that has happened and realising that it can't be changed.

Sort the words (e.g. Revenge)



REACT

SHORT-TERM

-

EMOTION



RESPOND

LONGER-TERM

-

ACTION



MORE NEGATIVE (involves HURT)

MORE POSITIVE (involves HEALING)

Watch Miriam's Story Part 3



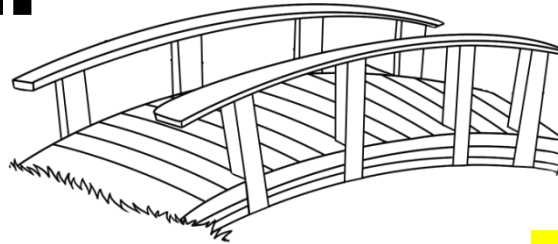
Which of these emotions and actions do Miriam's loved ones show?

|  <p>REACT</p> <p>SHORT-TERM - EMOTION</p> |  <p>RESPOND</p> <p>LONGER-TERM - ACTION</p> |
|--|--|
| <p>HATRED Guilt</p> <p>ANGER</p> | <p><i>MORE NEGATIVE (involves HURT)</i></p> <p>Revenge</p> <p>DEPRESSION</p> |
| <p>Sadness <i>BITTERNESS</i></p> <p>DISBELIEF</p> <p>BLAME</p> | <p><i>MORE POSITIVE (involves HEALING)</i></p> <p>Acceptance</p> <p>JUSTICE <i>Forgiveness</i></p> |

What does it take to move towards positive responses?

**From
REACTION...**

...to RESPONSE



BITTERNESS

HATRED

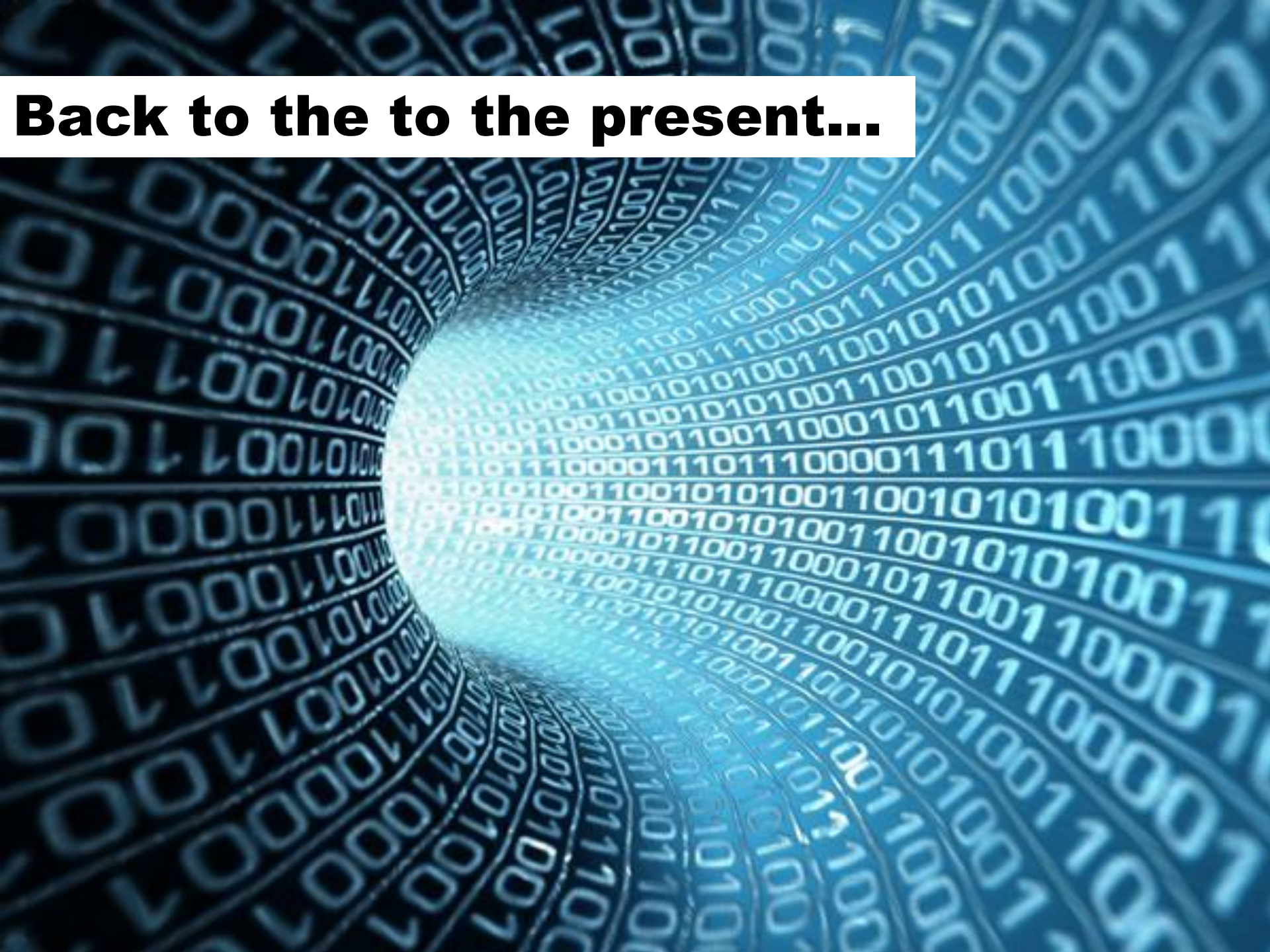
Acceptance

Forgiveness

Watch Miriam's Story Part 4



Back to the to the present...



**How much do you agree
or disagree? Why?**

**Losing someone will
always be 100%
negative.**

How can Miriam's Vision help us in our own lives?

Do you want to share your stories?

Has something difficult happened to you?

How did you react?

How did you respond?

Were there any positive outcomes?

How could the outcomes have been more positive?

Can these Miriam's Vision activities help?

How?