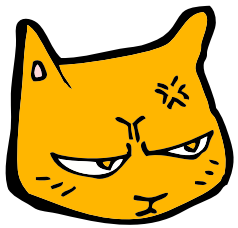



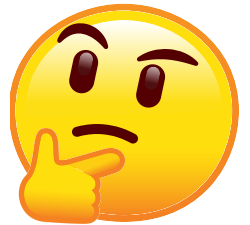
Hello Friends,

This month we are focusing on a feeling everyone experiences sometimes, which is



For kids from homes with addiction issues it's normal to feel  for a parent while ALSO feeling angry at the illness and the problems it causes.

In the short term feeling angry can motivate people to make positive changes to resolve problems.



In the long term it can wear people down and hurt their health and quality of life.

The good news is you can learn how to cope with anger and, with practice, you can even prevent feelings from getting too big and out of control.

This packet includes:

- Addiction Education Facts Sheet
- Angry Feelings Word Search
- Identifying Stinkin' Thinkin' and Positive Self-Talk activity
- Sticker set
- Potted Plant Craft.

Your pal Lauren



ADDICTION EDUCATION

★ IT'S OK TO LOVE YOUR PARENT AND FEEL ANGRY AT THE ADDICTION. ★

Facts

Addiction is an illness that affects the brain.



including speech, vision, coordination, mood, behaviors.

When a person has an addiction they **Lose Control** over the choice to drink, take drugs or engage in another behavior that has become problematic like gambling.

Someone who is stuck
 in addiction will drink
 or take drugs even when
 it causes big problems



- BREAKING A LAW LIKE DRIVING AFTER DRINKING OR TAKING DRUGS.
- BREAKING A PROMISE TO YOU OR OTHER PEOPLE IN THE FAMILY.
- DENYING THAT THEY HAVE A PROBLEM AND LYING ABOUT DRINKING OR TAKING DRUGS.
- BLAMING OTHER PEOPLE FOR THEIR PROBLEMS.
- SAYING HURTFUL THINGS TO THE PEOPLE THEY LOVE.
- DOING THINGS THAT AREN'T SAFE.
- NEGLECTING THEIR OWN NEEDS AND THE NEEDS OF THEIR CHILDREN.


IT ALSO MEANS THEY WILL NEED HELP TO STOP.

Reminders

- ★ It's normal to love your parent but feel angry at their addiction.
- ★ Kids can't fix their loved one's addiction. It needs to be treated by professionals who are trained to help.
- ★ Kids can't force a loved one to get help for addiction. Kids CAN take good care of themselves and be ok.



One of the first steps in managing anger is being able to name the kind of angry feelings you are having. As you can see there are many types of angry feelings and these are just a few of them.

A	H	E	M	N	K	J	V	E	A	H	P	W	R	D		MAD
C	R	O	U	T	R	A	G	E	D	A	N	M	E	P		IRATE
D	S	H	I	K	L	Y	Z	T	H	T	O	T	S	U		ENRAGED
J	X	J	R	B	I	Z	T	I	N	E	A	W	E	K		FURIOUS
J	I	O	R	V	V	I	T	D	M	E	M	W	N	F		IRRITATED
G	R	F	I	U	I	D	G	S	H	E	V	J	T	C		OUTRAGED
X	A	F	T	F	D	S	K	P	B	N	S	N	F	X		ANNOYED
B	T	E	A	U	C	W	D	I	A	R	W	Z	U	N		OFFENDED
Y	E	N	T	R	X	E	F	T	N	A	O	D	L	K		ANGRY
Q		D	E	I	Y	Z	C	E	G	G	U	O	C	D		LIVID
J	M	E	D	O	S	K	R	F	R	E	A	S	F	C		HEATED
C	A	D	N	U	S	E	K	U	Y	D	Q	M	V	O		UPSET
Q	X	N	J	S	F	V	O	L	J	Q	C	A	G	L		BITTER
F	A	U	P	S	E	T	N	B	F	W	S	D	O	D		RESENTFUL
K	J	V	G	T	B	I	T	T	E	R	B	J	J	U		SPITEFUL
																HATE

QUESTIONS

Do you think each of these feelings would feel different in the body? How So?

What would you do to cope with these feelings? Do you think some of these feelings would be more challenging to cope with than others?

Which of the angry feelings do you think would be the most uncomfortable feeling?
Which one do you think would feel the mildest?



STINKIN' THINKIN' VS. HELPFUL SELF-TALK.

Negative self-talk, or stinkin' thinkin' can 'feed' big feelings like anger making you feel worse. Using positive self-talk can help big feelings get smaller and calm you down.

The **anger monsters** eat **stinky thoughts** to grow bigger and stronger while **chill monsters** love to chow down on **positive thoughts** to grow even more cool and collected. Can you feed each monster with the thoughts they use to grow?

This feeling
is
temporary.

No one
likes me.

I can figure
this out.

I should
just
give up.

If I eat a
snack I might
feel better.

No one cares
that I feel
lonely.

I hate myself.

If I call a
friend I might
feel less
lonely.

I'm a
good kid.

I can't do
anything
right.

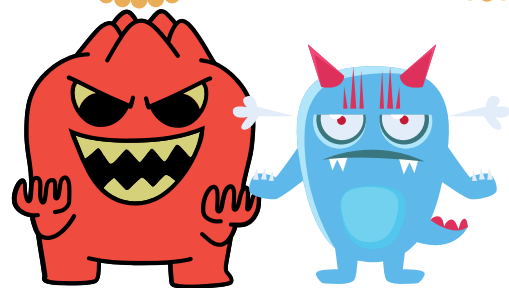
I got this!

This is hard
but I'll be ok.

Nothing ever
works out

I'll take a
break and
come back to
this later.

I am good at
many things



Questions



Do you think practicing positive self-talk is helpful? How so?

How do you think you'd feel if you spent a whole day stuck in Stinkin' Thinkin'?

Do you think practicing positive self-talk on purpose could help you get unstuck from Stinkin' Thinkin'? Why?

What you'll need:

- Easy to grow plant or flower seeds
- Potting soil
- A pot (feel free to decorate your pot!)

Directions:

Follow the directions for the seeds that you have.

Discussion:

What does the flower/plant need to grow?

What do kids need to grow?

What kind of things happen if the flower/plant's needs are neglected?

What kind of things happen when a child doesn't get their needs met?

What are 2 things you can do to make sure your flower/plant gets their needs met?

What are 2 things you can do to make sure your needs are met?



**Share your plant/flower's journey by tagging us on
Instagram @the_riley_foundation**

Optional hashtags #recoveryforkids #caringformyself #selfcare #growth #resilience

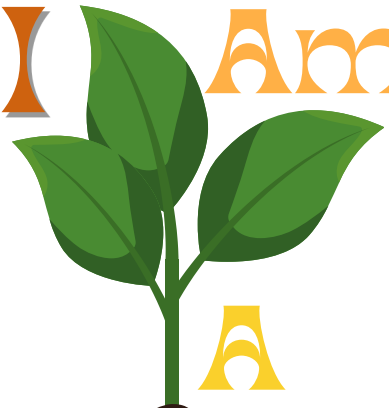
DON'T FEED THE



Stinkin' Thinkin'

ANGER MONSTER

I Am



A

Good Seed

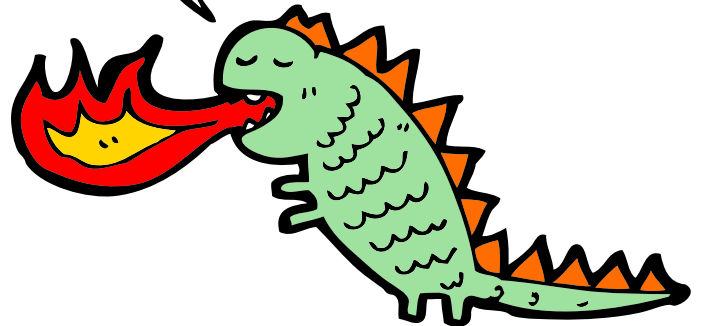
When big feelings begin ask yourself...



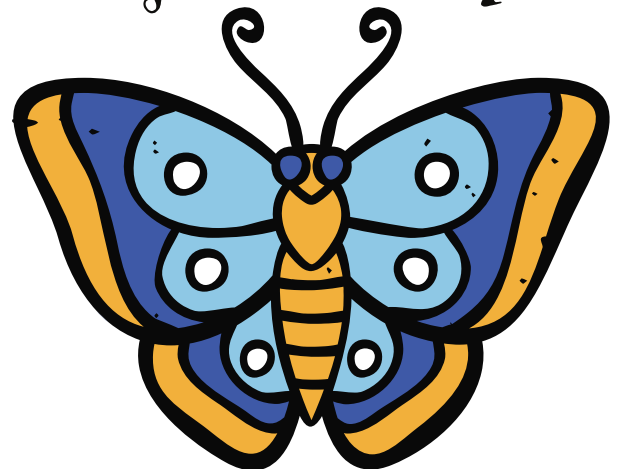
Practice H.A.L.T

Am I hungry, angry, lonely or tired?

Breathing exercises are so hot right now.



I can be ok



Bloom Where You're Planted

- ★ Validate your child's feelings of anger.
 - I can tell you are upset...
 - Wow, that sounds really hard to cope with..
 - What you are feeling is big and probably frustrating...
 - It's ok to love your parent AND feel angry at addiction..
- ★ Remind kids that there aren't 'bad' feelings, just comfortable and uncomfortable feelings.
- ★ Help kids name and describe feelings, especially the uncomfortable ones like anger.
- ★ Help kids identify nonverbal cues/body language that coincide with different feelings, including anger.
- ★ Help kids practice H.A.L.T (am I hungry, angry, lonely, or tired) to identify types of helpful self-care they could use.
- ★ Help kids identify different coping skills they can try when they have big feelings (breathing, taking a break, walking, reading, talking to someone they trust).
- ★ Be patient. Growing up around addiction comes with big feelings that take extra time and care. It DOES get better.