

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֹׁכֵן לֹו בְּעוֹלָם

Blessed are you, O Lord our God, King of the universe, that such [magnificent] things
are found in God's world.

The Pandemic Playbook

Review Last Week

- Stay in the “I Don’t Know.”
- Stay in the moment. “How do you feel today?”
No day but today.
- Stay authentic. Tell the truth about your feelings.
- Stay safe in your lifeboat.
- Listen with love.

Elegant Teen:

A young person with agency, in search of purpose, who radiates originality, is dedicated to their own self-worth and has a deep reserve of compassion for themselves and others. Embraces pain and grief when life hurts. A joy to behold.



what to do when
life hurts

ACCEPTANCE

Acceptance is a beautiful word.

It's where the power lies.

Acceptance

- “Ride the horse the way it’s going.”
- “Accept life on life’s terms.”
- “Bloom where you are planted.”
- “The best thing to do when it’s raining is to let it rain.”
- “Grant me the serenity to accept the things I cannot change...”
- “Float with the river.”
- “Go with the flow.”

Row your boat gently down the stream

- Row, row, row your boat gently down the stream, merrily life is but a dream.
- Row, row, row your boat gently down the brook, if you catch a little fish please let him off the hook.
- Row, row, row your boat gently down the creek, if you see a little mouse listen to it squeak.
- Row, row, row your boat gently down the lake, don't stand up and rock the boat that's a big mistake.
- Row, row, row your boat watch the water flow, rowing's fun but rowing's hard that is what I know.



"Ah, now this!"


"Here we all are."

**"All this is just a
part of all that is."**

Michael Callen

Long-term AIDS survivor, Michael Callen, traveled the country interviewing other long-term survivors for his book Surviving AIDS. He found that although treatments differed, the one thing they all shared was the belief that AIDS was survivable.

They refused to see the condition as a death sentence but they accepted the reality of the diagnosis.



I'm not asking
God to take this
burden away. I'm
asking God to
give me stronger
shoulders.

A PRIEST WHOSE SON HAD AIDS IN THE 90'S

When Life Hurts, Let it!






When my friend, Dominic, was diagnosed with AIDS-related lymphoma, he said:

"I thought AIDS would make me bigger. But it actually showed me how big I've ALWAYS been."

In the time of the faithful ache, we must bow our heads the belly of darkness and search for the blessing.

It's okay to have pain. It's okay to hurt from pain.
I make mistakes. I carry mistakes with me in every
cell of my body, and those mistakes are a part of
me. No, they don't define me. They don't make up who I
am. They are there to actually help me access
the entirety of me.

Sincerely,
"Looking for some help to unlock me"
Age 14



When life hurts,
let it bless you
and then take an
action

Stay Away From Adjectives
It's neither good nor bad; it is what it is.

The quality of life is not
dependent upon your
circumstances but what you
do with them.

~ Robert Levithan
~ Cy O'Neal



On Sunday evenings in
Brooklyn, my great Aunt
Mindel would say:

“Tuches ofn tish
Ich zol dir
Lib huben mer”

“Put your tush on the table
So that I can love you
more.”

Find the “C’mere People”
The ones who listen with love



FEEL the void; don't FILL the void

Sometimes I just want someone
to fill that hole
in me





“YES” IS THE KINDEST THING TO SAY TO A PERSON IN PAIN

“This is the way I am!”

“This is not the way you are!”

This is the person they have chosen to show you.

Accepting helps them to feel safe so they can move forward.

They need to hear you hearing them.

Join them in the muck of hopelessness.

Embody for them something they think they can't possess.

“My hysterical behavior is my appeal to you for compassion
And my way of showing you that you are not giving me
compassion.”

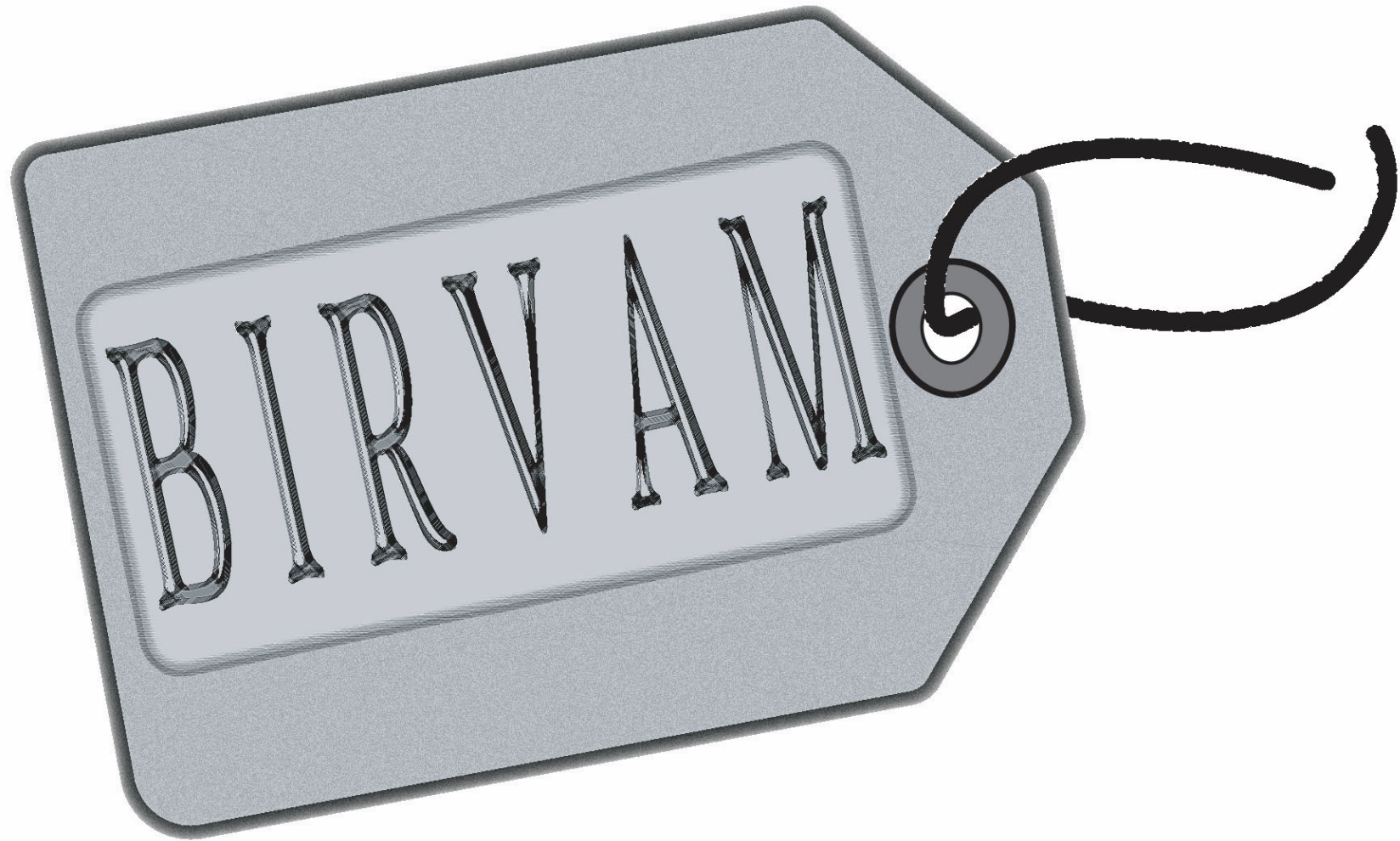
Anna Ornstein

1.19.08

Quotes from teens in quarantine

I was really struggling today with self doubt and really feeling life hurting and I just wouldn't accept the fact that it was okay to feel that pain and hearing every quote/ thing you said tonight really made me open my eyes and realize it's okay to hurt.

Thank you I needed to hear all of this right now!



B

I

R

V

A

M

Breathe

Invoke

Repeat

Validate

Appreciate

Mediate

I hide my self all the time
and i gave
my self to someone
who never
texted me
back and
and I know I
will never be
enough

It dosent work
for girls like
me

I dont deserve a
happily ever after
I am a
monster

-R

A **BIRVAM** response sounds something like:

“I’m curious to know what happened. As I understand it, what you have been saying is _____. Does that sound right?”

It must have been really difficult to go through that. I don’t blame you for feeling that way.

Thank you for sharing your feelings with me. I believe you.

Now, let’s see if we can figure out how to resolve this and how I can support you.”