

What Do I Say? Talking About What Happened With Others

After being injured, Jesse was worried about what others would think. With help, Jesse figured out what to say to others. After the story, can you tell Hercules the dog about what happened to you?



I don't remember my accident, but it hurt a lot when I woke up in the hospital. I remember getting X-rays and that I had two operations! The doctors told me they could fix the parts of my body that were broken. But they said that I might walk funny and look different for awhile, because of my injuries. I was worried about what I would tell my friends when they saw me.

After my operations, I went to PT: physical therapy. That's a place where kids and adults work to make their bodies strong enough to go home. I kept to myself at PT. I didn't know what people would say about the weird way I walked and the cuts from my accident.

In the gym, I saw a girl — Kim — who walked funny too. She was using crutches. Kim came over to talk to me: "I'm getting better. Soon I won't need my crutches. What happened to you?" I felt weird because I didn't know what to say. Later, my therapist said to me: "You looked worried when Kim asked what happened." "I guess so." I said. My therapist said: "Lots of people have a hard time talking about what happened to them. But it gets easier with practice. Maybe we can figure out what you want to say to other people about your accident."



My therapist got me started, and then I practiced telling my doctor and my family. When I saw Kim again, I told her and the other kids about my accident, just as I practiced it. Kim said she felt better because she was worried she had hurt my feelings when she asked me what happened. My therapist was right — knowing what to say and being able to talk about my accident got easier with practice and I feel better!

Fill in the blanks in the story below. It can help you figure out how to talk about what happened to you.



Since I came to the hospital, I have talked about what happened to me with

_____ and _____. The hardest part about talking with others about what
(name of person) (name of another person)

happened to me is _____. I do / I do not feel worried about talking with other
(why it is hard) (check one)

people about what happened to me. One of the reasons I do / I do not feel nervous is because _____.
(check one) (reason)

Some of the important things I'd like to tell others about what happened include _____ and
(something I'd like to tell others)

_____. One person that I can practice talking with is _____.
(something else I'd like to tell others) (name of person)

Draw a picture or write about what happened to you.
Practice talking about what happened by explaining your drawing
or by reading what you wrote to someone you trust.



Jesse was worried about what other people would say.
Write what you think the people below are wondering about your illness or injury.
Talk to your parents or another adult about what you would say to them.

