



2002 CURRICULUM UPDATE

A circular diagram representing the four domains of the self: Physical, Mental, Emotional, and Spiritual. The circle is divided into four quadrants by two diagonal lines. The word **SELF** is written in white capital letters inside a black circle at the center. The quadrants are labeled: *Physical* (top, italicized black), *Mental* (right, italicized yellow), *Spiritual* (bottom, italicized red), and *Emotional* (left, italicized black). The cardinal directions are marked around the circle: **N** (North) at the top, **S** (South) at the bottom, **E** (East) on the right, and **W** (West) on the left.

INFORMATION

POSSIBLE CHARACTERISTICS OF A RESIDENTIAL SCHOOL SURVIVOR

- Acknowledging the Need for Healing: Walking the Healing Road by Gerry Oleman -

The word “character” is a Greek word that means “sharp etched lines or to engrave or scratch”. Characteristics means to have a special quality or identity. We have been marked by the residential school experience, and can be identified by common actions, behaviours, language that we learned as children at the residential school. Unfortunately the majority of these markings are not positive and the result of them shows in us physically, mentally, spiritually, and emotionally. At times people do not even know that they have a characteristic or scar and how it effects others.

As a Survivor, or a child of a Survivor, you may have expressed some or all of the characteristics listed in this section at one time or another. By acknowledging our behaviours, we can begin to erase those characteristics that have been causing us harm, and replace them over time with new positive healing characteristics.

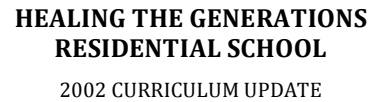
See attached sheets for:

Physical Characteristics

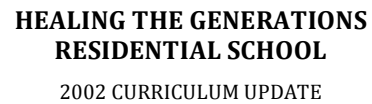
Mental Characteristics

Spiritual Characteristics

Emotional Characteristics



- Not taking care of my body (teeth, health problems)
- Being over or underweight
- Developing health problems such as diabetes, heart problems, ulcers, etc.
- Poor posture from being abused as a child
- Dislike certain food groups
- Feel tired all of the time
- Addicted—used alcohol, drugs, gambling to fill the emptiness, to kill the pain and give me courage to do things that I wanted to do
- Physically active all the time to silence the inner voice
- Preoccupation with sex, or a complete lack of desire
- Changed eating habits
- Difficulty with sleep, often have to use medication to sleep
- Fear of intimacy and sexuality
- Long for touch, but doesn't know proper touch
- Migraine headaches
- Lower back and neck pain
- Prone to injuries
- Suffer anxiety attacks when away from comfort zone (upset stomach, headache, nausea, diarrhea)



- Do not believe that I am good for anything
- Will put myself last and suffer silently
- Think that no one cares for me
- Isolate myself from family and friends
- Identity "I didn't know how I was suppose to act as a First Nations person"
- Rebellious "I didn't like the regimentation so I became undisciplined/resistant to order, including household responsibilities"
- Hung on to relationships
- Left a relationship before the other person left me
- Have a hard time making decisions
- Avoided anyone/anything associated with the residential schools
- Control became a drug
- Became self-indulgent
- Struggle when it comes to authority figures
- Fantasy lifestyle—saying "What if, or I should have"
- Feeling abandoned and unwanted
- Feeling misunderstood
- If it is not going to be perfect why bother
- Starting things and not finishing them
- Compulsive lying for appearance sake
- Become patronizing (snobby, know it all)
- Will not make waves to protect others feelings
- Breaking promises
- Inability to be spontaneous, being careful
- Lack of hospitality skills
- Procrastinator





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EMOTIONAL CHARACTERISTICS

- Feeling of depression will not go away
- Get angry at the wrong time towards to wrong people
- Be cruel without reason
- Feelings of insecurity were shown by jealousy
- Feelings of loneliness, for not having mail, visitors, from parents, relatives, and friends at the residential school
- Ashamed, because of things I didn't have; i.e. good clothes, money, athleticism
- Paranoid, a feeling of being stalked therefore I lost out on intimate relationships
- Numbed feelings
- Refused to become vulnerable, become aloof
- Have difficulties trusting
- Have negative self-talk
- Feelings of hate for white people and different religions
- Feeling guilty all the time, even when I am happy
- Fear of confrontation
- Uncomfortable to show emotions whether sadness, love, happiness, or anger
- Do emotional blackmail (talk about committing suicide)
- Rage, expressed and hidden (make threats and at times go ballistic)
- Co-dependent in all aspects of my life

INFORMATION

SELF-CARE TOOLS
- Tools for the Mind Body and Soul -

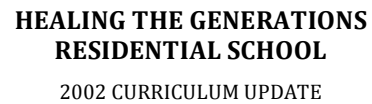
Healing ourselves and our families means taking a healing journey that covers all the areas of the medicine wheel—physical, mental, spiritual, and emotional. It means walking in harmony and balance. For example, if there is a lot of arguing in a family, there may be physical abuse where the victim may need help from a doctor, but there will also be mental, spiritual, and emotional abuse that accompanies the physical abuse.

The cycle of abuse will continue from generation to generation (intergenerational impacts) until individuals, you, I, our families, take steps to look at the abuse and make positive changes to stop the cycle. It is up to you! It is up to all of us!

Remember, if there are deep things inside of you that you would like to change or to stop hurting, find someone that you feel comfortable and safe with and begin talking about what is bothering you. Talking is an excellent first step towards your way on the healing journey.

See attached sheets for:

Physical Characteristics Tools
Mental Characteristics Tools
Spiritual Characteristics Tools
Emotional Characteristics Tools
Cool Healing Things To Do



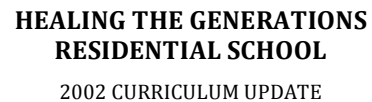
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Nishnawbe Aski Nation

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HEALING THE GENERATIONS
RESIDENTIAL SCHOOL

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HANDOUT

Name: _____

MAKING A SELF-CARE PLAN - Building Your Own Canoe -

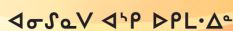
On the healing road we can:

- Increase belief in ourselves
- Improve our family relationships
- Celebrate our culture as practiced and lived by our ancestors

1. My struggle or issue is...

2. I need help with...

3. Things I will do in order to help myself...



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Name: _____

Name: _____ Number: _____ Email: _____

We agree to review my plan on: _____
(date)