

# When a Grown-up You Love Hurts You



A book for children  
who have experienced  
physical abuse

BY BETH RICHEY, LCSW, RPT-S & PAULA WOOD, LCSW

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All kids are **lovable** and deserve to be *safe* and *cared for*.



Parents and caregivers should be **kind** to children and take good care of them. This means they should give their children things they need like clothes, a place to live, food, education, and love. It also means they should protect them from danger and help keep them **safe**.



Everyone gets **MAD** sometimes, even parents and caregivers. It's okay to feel mad. When they are angry or frustrated, sometimes people who love each other will argue and say things that are hurtful.



But sometimes, people have anger that gets so big, it makes them do unsafe things. Some **unsafe behaviors** are kicking, throwing things, or hurting someone else's body. Grown-ups normally do a better job of controlling their angry feelings than children.

Most grown-ups can control their big, angry feelings and everyone stays *safe*. But some grown-ups have not learned how to control their anger. Sometimes these grown-ups **HURT** their children.

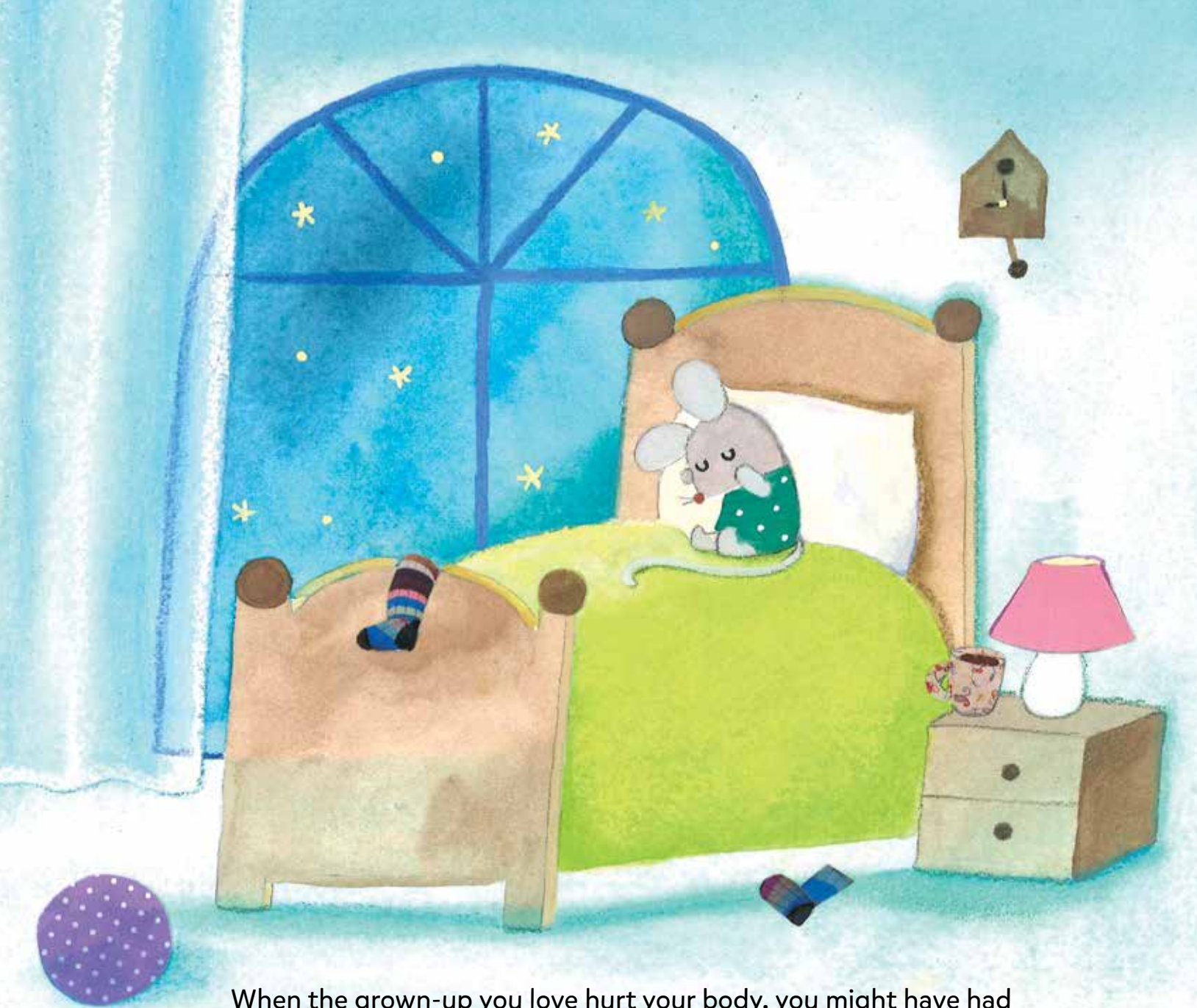


When a grown-up hurts a child, it isn't because that child is bad or unlovable. This is because the grown-up doesn't know how to be *safe* with their big, angry feelings.



Even if you got into a fight with your sibling, broke something, had a bad day at school, lied, cursed, hit, or said mean things, it is never okay for a grown-up to **hurt** your body.





When the grown-up you love hurt your body, you might have had mixed-up feelings. You might have felt sad, scared, betrayed, guilty, **shocked**, or angry. All of these feelings are okay.

You are special. You are lovable. And you deserve to be *safe* and cared for.



## About This Book:

This book was created for young children who have experienced physical abuse by a grown-up they love, to help them with the conflicting emotions that often follow such an event. It is intended for professional use by trained clinicians specializing in trauma therapy with children. The images have been left intentionally symbolic to allow the child to project their own story onto the images.





## For Therapists:

**T**his book can be read alone or with a trusted caregiver in the therapy space. See below sample questions that can be used to accompany this book:

- Tell me some ways you are lovable. What are good things about you?
- What are ways some parents keep their children safe?
- Is it okay for people to be angry? Do all angry people hurt other people? What are safe ways to show angry feelings?
- What unsafe behaviors did you see in your home?
- Do you think it's your fault your grown-up had unsafe behavior and hurt your body?
- What kinds of feelings have you had about your grown-up after they hurt your body?
- Can you still love the grown-up who hurt your body?
- How is it helpful to talk to a safe grown-up about your feelings and memories?





## About the Authors:

**Paula** is a nationally certified Trauma Focused-Cognitive Behavioral Therapist in Philadelphia, Pennsylvania where she provides counseling services to children and their families. She is trained in EMDR, Parent Child Interaction Therapy, and Play Therapy. She enjoys kayaking and playing with her mischievous cats.

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