
BSTTW TEEN NEWS

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BSTTW OPENING DOORS

Father Asks **BSTTW** To Help His Boys

By: Michael Appleman

TWO boys from Hó Chí Minh City, Việt Nam survive a home fire to learn what life is like as a burn survivor. These boys, whose pictures are to your right, and their father were the only ones to survive the blaze. They lost their mother and now have to fight both the scars and the loss of mom. As many of you know, these two boys need extensive medical treatment. Treatment that most children in Việt Nam cannot get. In the US we have the Shriners Children's Hospital that donates and does fantastic work.

While **BSTTW** opened up their business in Việt Nam, the father of these two boys asked Minh Tho the writer of a local newspaper to please ask **BSTTW** for help. Minh Tho got a notarized release form and met Nguyễn Thị Diệu Trân and Michael Appleman for lunch in order to discuss these two boys. Mr. Appleman contacted Shriners Children's Hospital after he returned to the United States. Shriners is willing to give these boys free medical care for one year if **BSTTW** can bring the boys to the US and



A FAMILY AROUND THE WORLD

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Seven Steps To Emotional Maturity

By: Dr. Debra Moore, Ph.D.

First you must eliminate magical thinking. Magical thinking is believing that something will happen without any real effort on your part. This is normal thinking in children, but self defeating in adults.

People often can get stuck in magical thinking if a significant event happened to reinforce it in childhood.

For a dramatic but not uncommon example, consider the child who's parent has a heart attack. If that child had been angry with the parent that day and though angry thoughts about them, they would probably magically think that they themselves had caused the heart attack.

That child as an adult may find it extremely difficult to confront others, especially others who are perceived as frail.

Second you must learn to tolerate your anxiety. Suppressing your anxiety causes it to continue - "what you resist, persists". Then you start fearing the anxiety, a state referred to as anticipatory anxiety.

It's sort of like working out with weights - when it is heavy and your arm gets tired, you're natural impulse is to put down the weight, but you know to strengthen your muscles, you continue. It's the same with anxiety. Your tendency is to avoid it and seek immediate relief. To become stronger emotionally, take the time to look at your anxiety, learn about it, and work with it.

Third, learn to recognize and appropriately express your anger. People who do not

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express their anger are usually afraid of what will happen if they do. They have distorted fantasies - fearing the floodgates and being out of control.

They may have lacked family role models of appropriate anger expression. Discharging of anger by screaming or hitting pillows used to be recommended, even by therapists.

Now most professionals believe this just keeps the nervous system on alert and does nothing to address a constructive plan of action. Instead, learn to put your anger into words. If you're unsure how to do this, consider an assertiveness training course. It will teach you the difference between passive, assertive, and aggressive expression of anger.

Fourth, learn to cope with pain and hurt. Pain and hurt are natural consequences of life because of the simple fact that life involves change and loss.

To never feel hurt is to be deadened. Our emotions are vulnerable but they are not fine china - overprotecting yourself leaves you vulnerable because you fail to develop strength and resiliency.

Moderate exposure to pain and loss is often what creates opportunities for developing coping skills.

Are you someone who thinks of themselves as a victim whenever you experience pain or loss? If so, what are you getting from this stance?

Fifth, is facing your guilty feelings. We all make mistakes and we all behave selfishly and meanly at times. Some guilt is based on reality and facing it helps us become better people. Rationalizing away this guilt is harmful, and leads you to make the same
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find them room and board during that time. Once the boys are in the US, no matter what part of the 48 main US states the boys live in, AirLifeLine will fly them to Shriners and any other place they need medical care.

In order of **BSTTW** to help these boys and many others from around the world, we need to get funding. If any adults, teens, parents, relatives and friends are interested in helping **BSTTW** and saving lives, please contact us at 941-364-8457 or by email at: teen@burnsurvivorsttw.org. Your help will be appreciated by so many people.

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mistakes again. Take responsibility for mistakes, verbally express your regrets and take action to make amends.

Six, learn to live with your failures. You can't avoid doing wrong, because perfection does not exist in humans! But forgiving yourself does not have to be limited to mental attitude. Action is what helps us live with our failures. Be of service to others, and have a positive attitude.

Being useful to others and being part of the solution to problems around us is extremely therapeutic.

Finally the seventh step is to put your feelings in perspective. Strive to see that life is gray, not black and white. Tolerate ambiguity. Avoid words like never and always.

Realize that the world is a vast place that we can never completely understand and certainly never "master", whatever that means.

Feelings are messy, mistakes are made, relationships are complex, and life is ever-changing. Any one feeling or event is but a

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piece of the big picture. And there's surely nothing you will ever experience and no pain you will ever feel, that has not been felt and survived by others.

If you doubt this, take a look around you and reach out.

Makeup: Teens Staff of Life

By Delores Lekowski

Makeup has long been a staple for teenagers. What an amazing product.

Over the years, the makeup of makeup, has changed considerably, and so has its purpose.

What used to be a product solely for woman to highlight and enhance their features is now more than that. Cosmetic companies have worked hard to develop products that can also be used by men and women to cover facial differences. These amazing corrective cosmetic products have come a long way. Gone is the heavy thick look and feel of cosmetics and their orangey appearance. Gone is the streaking when applying or sweating. Gone is the obvious look that some makeup gives, thus eliminating men from wearing it. We now have some great products. Products when applied, appear as natural skin tone, thus making them a unisex product.

After all, Hollywood has used cosmetics forever, with much success I might add. It is about time the same concept used in Hollywood has finely come to our aid. The concepts being, to hide, cover and transform a person's appearance.

A couple years ago, I attended a weeklong enhancement class, presented by Barbara Quayle and The Phoenix Society. At this class, we were taught the application of makeup to hide facial differences. We were **CONTINUED Page 3 "TEENS"**

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taught how to make eyebrows, where there weren't any; we were taught how to make lips that were disfigured. We did makeovers on burn survivors; both men and women and the results were amazing. We did a man who was burned fighting a forest fire. His face was burned and had that angry red color that we survivors so often have. After determining his flesh tone we applied the product to his face, the results were truly amazing. He said this is the first time he has seen his face look like that since the fire; this is the face he remembered. Everyone we did in that class, left us feeling as though they had a new lease on life. They now felt they could, once again, go out in public without being stared at.

Now granted, this is not to say, that the scars were totally hidden, as Barbara told us, we visually see people from a certain distance, in other words, if someone is in your face, the scars would become more visual.

If you have a facial difference, I strongly recommend looking into the use of cosmetics. There are many good products out there. You might start by getting in touch with The Phoenix Society.

Why Me?

By: Michael Appleman, M. S.

Many burn survivors go through a WHY ME? phase. Most do not have a good answer to the "why me?" question. During their recovery the individual may continue to ask that question without a valid answer. Most burn survivors are deprived of meaningful control over their lives for an extended period of time. They are unable to do much about it. So is this possibly a reason behind "WHY ME?" This can cause a burn survivor to react in an infantile way. Before infants can talk they wail miserably in order to try to get what they need. If we look back into

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childhood many times when the parent did not respond, the child began to scream louder. In time some of the children relaxed and calmed down and others continued to scream until their parent arrived. Does this reaction to "Why Me?" solve the problem? It has not been seen to do so. Does a burn survivor relax as time goes by? For most the answer is yes. How does this occur? For some they need mental health counseling and/or medication. For others as they recover and rebuild their lives, the emotional difficulties leave just as they occurred. For each individual we must look at their medical and psychological history. Becoming a burn survivor can increase preexisting difficulties. Always remember that the longer an individual indulges in such an attitude, the more embedded the resentment becomes. If this is not controlled, it can create the following problems: Social isolation, a self-centered approach to life; never again will I be "Mr. Nice Guy"; paranoid thinking; "someone is out to get me"; depression; "what is the use?". To free themselves of this spiteful resentment, some burn survivors have successfully changed the direction in their life. This individual decides that instead of complaining "Why me?", and he/she begins to ask, "Why NOT me?". "Maybe I can help others get on the correct path of recovery?" By using psychological control and balanced reflection, they have learned to put their own depression into a positive direction. At this point this individual will continue hopefully their path of growth and live a happy more productive life.

BSTTW CONTACT INFORMATION

Emergency Contact

We have an Emergency Email Form on the Internet. Go to:

www.burnsurvivorsttw.org/emergemail.html

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You, your family and friends can also reach us by phone at 941-364-8457. If we are not in the office or it is after hours, you will be given an emergency number to call. A support team member will respond to you within 24 hours. **BSTTW** has at least one individual on call 24 ours day/7 days a week to meet everyone's needs.

BSTTW Directors

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DONATIONS

As a 501 (c)(3) Non Profit Organization, all donations, big or small are tax deductible to the extent of the law. Donations from Companies, Churches, Organizations, Communities and individuals will help **BSTTW** to do the work that is needed for all Burn Survivors, family members and the public around the world. Remember your donations can be money, clothes, a used bicycle etc.. All will help burn survivors and their family. Many families loose their homes and property. Please personally think about and talk to your family and friends about donating to **BSTTW**.

Mail your donations to:

Burn Survivors Throughout The World, Inc.
650 N Beneva Road #105
Sarasota, Florida 34232

Donate on line at:

www.burnsurvivorsttw.org/donations.html

If you have any questions call us at 941-364-8457 or email **BSTTW** at:
donations@burnsurvivorsttw.org

Volunteering your time to **BSTTW**

We always can use your help. There are many children, adults and families around

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the world that need support and other help. You can take part in rebuilding the lives and helping people reenter their community. If you are interested contact **BSTTW** by phone or email us at
volunteers@burnsurvivorsttw.org

Purchases

BSTTW has an online store were you can purchase Skin Care Products, Books and Video Tapes. Got to:

www.burnsurvivorsttw.org/sales.html

You can also purchase Skin Care Products by phone.

BSTTW ADDRESS & PHONE NUMBERS:

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