

Problem scenario – boys

Talking About Feelings

Brett has been best mates with John for as long as he can remember. What he likes most about John is that he always makes Brett laugh. John never feels sorry for himself and always takes Brett's mind off things when Brett is getting hassled by his parents. John is almost always happy and Brett likes that because his home life can be a bit depressing. One day there is a terrible accident and John's mum is killed. Brett does all the things a mate would do like go to the funeral, buy flowers, etc. However, the hard part comes weeks after when John doesn't seem to be getting better. He is always depressed, doesn't want to come out and just watches TV all the time. Brett doesn't know what to do or what to say. John always made him smile and now he feels he can't return the favour.

Questions

- ▶ Is it important to be able to have a laugh with friends?
- ▶ What kind of person do you think John is? How would you describe him?
- ▶ What do you think might make Brett's home life a bit depressing?
- ▶ What other things would a friend do to support someone close who was bereaved?
- ▶ How long do you think John will feel so depressed?
- ▶ What do you think Brett should do to help?
- ▶ What would be the 'wrong' thing to do?
- ▶ Where else might John be able to get some help?



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