



"i love you"

TAM WAI JIA



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OVERCOMING HURTS, FINDING HOPE

Facilitation Guide Sample

PREFACE

This facilitation guide is designed to accompany the video message and the animated video or book reading of *I Love You* by Dr. Wai Jia Tam. The discussion should be led by a trained therapist or facilitator.

Target audience

Youth and/or young adults

Suggested maximum number of participants

20, divided into small groups of 4 or 5

Resources needed

- Kitesong Global Trailer: <https://youtu.be/BiK4DZhkks>
- "I Love You" Video message (https://youtu.be/QuOPp_0d9qM)
- Hard/[soft copy](#) of *I Love You* or the animated book
- Facilitation Guide
- Freedom Journal (optional)

Suggested time allocated

60 minutes

Objectives

- To inspire hope and faith in participants to recover from broken relationships and build healthy ones
- To guide participants through a process of self-discovery to gain insight into their previous and current hurts with loved ones
- To encourage participants to seek healing through love and forgiveness

KEY:

❖ denotes a question for participants

Key discussion question for participants

Reflection exercise for participants

FACILITATOR'S GUIDE

WELCOME AND INTRODUCTION (5 min):

Today, we are going to read and discuss a book called *I Love You*. Although it seems like a book on romantic love, you will be surprised to know that it was written by an author who was certain she would never marry! Because of the life experiences the author went through in her growing years, including family crises and emotionally traumatic experiences, she felt that engaging in a healthy romantic relationship would be impossible.

In today's world where divorces are on the rise, have you ever considered what a healthy relationship might look like?

This book was launched on the author's wedding day, and was used to raise \$40,000 for two anti-sex trafficking organizations in India and Cambodia.

We're first going to begin by hearing a little of her story through a short video, do a book reading (or play the book animation) and then discuss what we've experienced.

OPENING VIDEO (10 min):

Play the following:

- Kitesong Global Trailer Introduction: <https://youtu.be/BiK4DZhkns>
- "I Love You" video message: https://youtu.be/QuOPp_0d9qM.

BOOK READING (8 min):

Do a book reading of [*I Love You*](#) or play the book animation, if available.

SUGGESTED GENERAL OPENING QUESTIONS (10 min):

- ❖ What do you think this book is about? What are some themes?

Possible answers include: A book about love, forgiveness, etc.

- ❖ In what ways did the book speak to you?

You may wish to ask some probing questions such as, does it remind you of relationships in your family or between your parents? Even though this book is about a romantic relationship between a bear and a bunny, some of the themes in this book also apply to family relationships.

Allow the participants in the group to talk about the different pages, guiding the discussion as they articulate any emotions or experiences that surfaced. Below are several questions that may help to facilitate deeper discussions on specific pages. **These are best discussed in small groups of 4 or 5.**

They need not be discussed in this particular order; they are only meant to serve as a guide should participants select these pages to discuss.

SUGGESTED QUESTIONS FOR DEEPER DISCUSSION (25 min):

Consciously or not, many of us carry a specific image of the perfect family in our minds. Yet, many of us do not necessarily experience that. There is a saying that goes, "You can choose your friends but not your family".

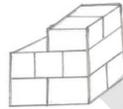


- ❖ In this illustration, the two figures are far apart. Is it difficult for you to become close to others, and if so, why?
- ❖ Each of the figures is turned away from one another, with their arms crossing their chests. Crossing our arms over our chests or trunks is a protective stance. What might these characters be protecting themselves from?
- ❖ What differences do you see between the two characters and what might this mean?
For example:
 - One is a bear and the other is a bunny. They may be fearful of engaging with someone different from themselves.
 - The bear is standing with a heart-shaped plant, while the bunny's pot is empty. This could represent the bear putting his heart out to show his vulnerability, while the bunny is keeping her heart close to prevent it from getting hurt.
 - Look at the bricks on both sides. The bunny has more bricks compared to the bear. Can you relate to the idea of "putting up walls" around your heart?



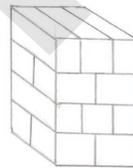
Love

comes with
good intentions,



yet often gets

lost in translation.



- ❖ In your own life, how have others' good intentions been "lost in translation"?
- ❖ In your own journey, do you allow your family members, mentors or loved ones to speak into your life? What are your barriers to involving them in your journey of growth?

Many of us have experienced situations where other people's words or actions have come across wrongly and hurt us. How has this affected our relationship with them? If we put ourselves in their shoes, might there be other reasons why they act a certain way? How can we act wisely in our interactions with them?



❖ What makes it difficult for us to express our emotions?

❖ **Key Discussion Question:** Are there times you find it difficult to articulate how you feel to your loved ones? What are some strategies we can employ in sharing our emotions, instead of blowing up like in the picture above?

But when we
stop to **listen**,



and say
“i’m sorry” or
“you’re forgiven”...



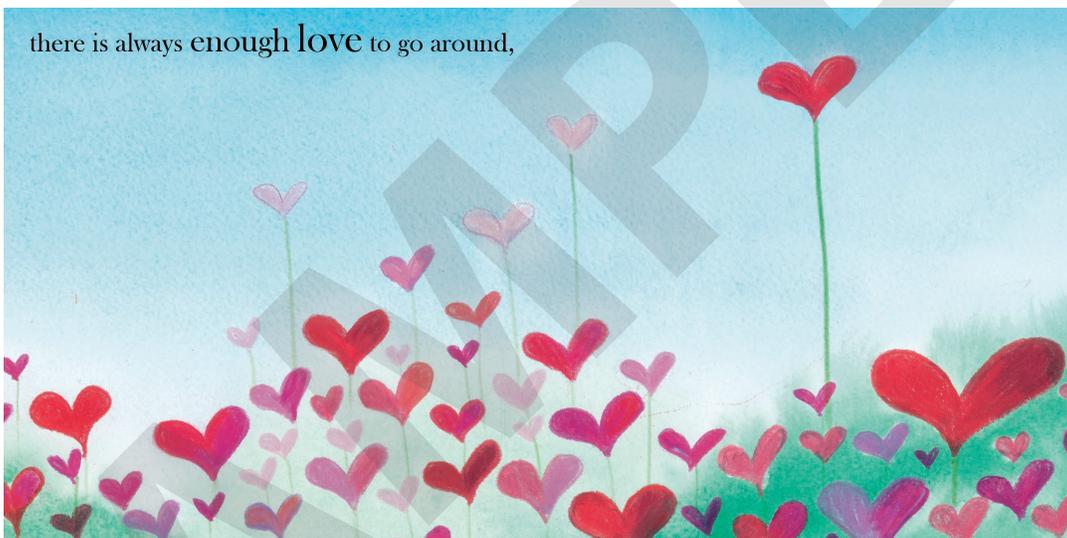
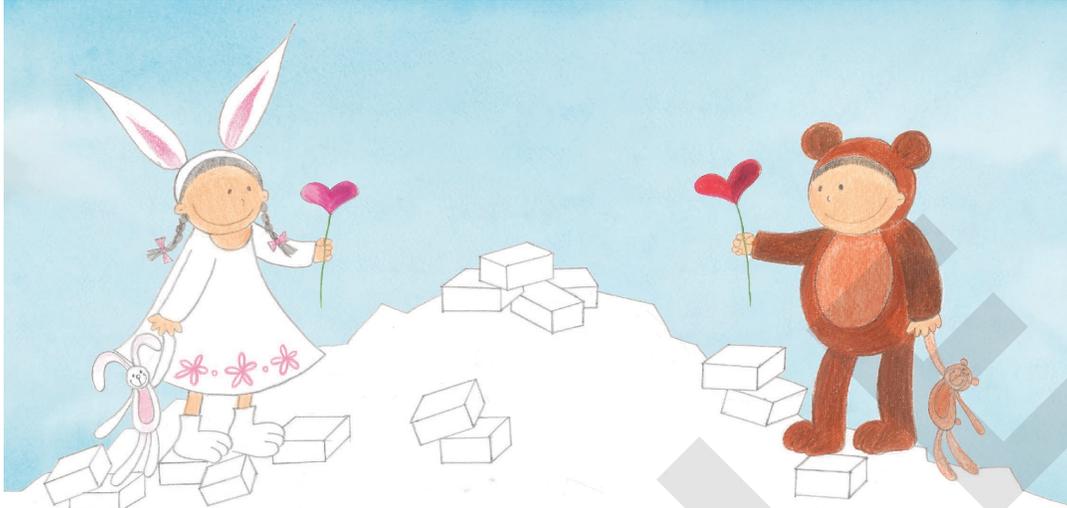
- ❖ In your life, who do you need to stop and listen to more? Can this be hard? Why?
- ❖ At this current season of your life, who might you need to apologize to or forgive?
- ❖ Are there people in your life right now whom you are angry or bitter with? Perhaps you even blame them for causing you to struggle with certain issues in your life.

Key Discussion Questions:

- ❖ Why is it hard to forgive them and how do you think you can take steps to forgiving them?
- ❖ Why is it so important to forgive them, even if they do not apologize?

Encourage participants to ponder over the healing power of forgiveness, and how it can be liberating and restorative.

Forgiveness does not mean forgetting, nor does it mean that others were not in the wrong. Forgiveness means that others’ actions no longer have power over us, and we are free to love again.



Many of us wish to be in a romantic relationship that is healthy, at some point in our lives. However, the eating disorder may make that possibility feel very small and discourage us from even entertaining them.

The author herself was certain that she should not get married, because her eating disorder would ruin her marriage. The author is now joyfully married with two children.

- ❖ How do you think working on your challenges now would benefit your future relationships?
- ❖ How does resolving conflict with your parents or family now benefit other relationships around you?
- ❖ Do you believe “there is always enough love to go around”? What does that mean to you?

Reflection Exercise: Encourage participants to reflect on the fact that love is a free resource, and we can choose to receive and give it freely. Sometimes, we develop eating disorders, addictions or other unhealthy coping mechanisms because there is a “blockage” in the way we receive and give love.

How can we learn to “unblock” this for ourselves – are there specific people and relationships we hope to reconnect with? Write them down.

As we come to the end of our discussion, let us think about the people we need to forgive whom we can extend grace and forgiveness to. Forgiveness does not mean that others were not in the wrong or that we continually expose ourselves to the same trauma or abuse again. Forgiveness means that others’ actions no longer have power over us, and we are free to love again. It also means creating wise boundaries so we do not expose a raw wound to further unnecessary injury.

***Use of “Freedom Journal” may be helpful.**

**Freedom Journal is a worksheet that can be shared with your team upon request.*

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