



Learning to Rise: **OFFLOADING**

See pages 250 - 255 in *Dare to Lead*.

Length: 30-45 minutes

Our Why:

We will learn the different ways people offload hurt, which strategies we've seen from others, and which strategies we use in our lives. This will help us recognize when we stay with our emotion instead of offloading it so that we can better show up for ourselves and for our classroom community.

Vocabulary:

Offloading Hurt —

- **Chandeliering** – Hurt that is packed so far down that it can't possibly resurface but the smallest comment/mistake/feedback can trigger rage or shame.
- **Bouncing Hurt** – Using anger, blame, and/or avoidance when getting too close to emotion
- **Numbing** – Taking the edge off emotional pain with _____.
(Ex. food, video games, Netflix, YouTube, etc.)
- **Stockpiling** – Packing down and building up the pain until my body and/or mind are not well.
- **The Umbridge** – Overly sweet and nice when in reality you feel resentful, hurt, and/or frustrated.
- **Being High-centered** – Not being able to move back and pretend something does not matter but moving forward could mean I lose control of my emotion.

Materials:

Offloading Hurt Role Play Cards

Starting with the Learning	Teacher Notes:
<p>Connection for engagement:</p> <ul style="list-style-type: none">• With a show of hands:<ul style="list-style-type: none">◦ How many of you have ever been angry and became frustrated or upset with someone around you?◦ How many of you have ever had a really bad day and wanted to go hide in your room and eat a whole pack of cookies, watch Netflix, or play video games the entire day?	<p>Mini-lesson:</p> <ul style="list-style-type: none">• If you've completed the lesson on Armor you can share with students that offloading hurt is another way we use armor to avoid vulnerability.• When reviewing the different strategies, it's suggested you

- How about a time when you were having a terrible day, but you didn't want anyone to know, so instead you acted cheerful and happy in front of everyone even when you didn't mean it?
- If it would be helpful, share an additional example of your own with students.
- Think, Turn, and Talk: Share about one of these moments with a partner. What happened?

Mini-lesson:

- Explain to students that everyone experiences feeling upset, angry, and frustrated. Sometimes it's easier to ignore our feelings and take it out on other people or distract ourselves (with activities like playing video games) so we don't have to think about it.
- Share with students the six most common ways we offload hurt. The reason we are learning about the strategies is so that we can recognize when we are not working through our hurt but rather offloading it onto others.
- As we go through each of these, think about whether you do this or how it feels to be on the receiving end of this.
 1. **Chandeliering** – Hurt that is packed so far down that it can't possibly resurface but the smallest comment/mistake/feedback can trigger rage or shame
 2. **Bouncing Hurt** – Using anger, blame, and/or avoidance when getting too close to emotion
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 5. **The Umbridge** – Overly sweet and nice when in reality you feel resentful, hurt, and/or frustrated
 6. **Being High-centered** – Not being able to move back and pretend something does not matter but moving forward could mean I lose control of my emotion
- Discussion questions:
 - When do I offload hurt? Which strategies do I use?
 - With whom?
 - What do I feel when I'm on the receiving end of someone offloading hurt this way?

Lesson Closing:

- Share with students that those who are most resilient slow down, take a deep breath, and get curious about what's happening. If we want to get curious, we have to be able to recognize when we are emotionally hooked and offloading hurt.

move through the descriptions quickly so students have more time to discuss them.

- It may also be helpful to share other relevant examples you feel your students will most connect/relate to.

Extension Activity:

- Split students up into groups of 3-5 and have them role play the different offloading hurt strategies. Use the Offloading Hurt Role Play Cards as a starting point.

Moving from Knowledge to Daily Practice

- Whenever there are situations in class where you suspect a student may be offloading hurt, help them to slow down, take a deep breath, and get curious about what's happening.
- Brené also refers to strategies for reckoning with emotions on page 256-258 in *Dare to Lead*. In this section, she specifically writes about tactical breathing. This is something you can practice with your class. If you have a “safe space” in your classroom, you can also hang a small anchor chart with tactical breathing steps for students to use if and when they need a moment to slow down.
- Looking forward: The intent of this lesson is for students to learn to recognize when they may have skipped getting curious about their emotions and have begun offloading hurt onto others. Once they are able to recognize this and are willing to get curious about it, then students can begin to write their SFDs (stormy first drafts). Take a look at the two lessons pertaining to SFDs that include ideas for how to incorporate this in your classroom.



Offloading Hurt Role-Play Cards

Chandeliering:

We think we've packed the hurt so far down that it can't possibly resurface, yet all of a sudden, a seemingly innocuous comment sends us into a rage or sparks a crying fit. Or maybe a small mistake triggers a huge shame attack.

Ex. Someone makes a comment about your outfit, grade on a test, performance at a game, and you flip out and start yelling at your friends.

Bouncing Hurt:

Our ego is the part of us that cares about our status and what people think, about always being better than and always being right. It's our inner hustler.

Our inner hustlers have very little tolerance for discomfort or self-reflection. The ego doesn't own stories or want to write new endings; it denies emotion and hates curiosity. Avoiding truth and vulnerability are critical parts of the hustle. Anger, blame, and avoidance are the ego's bouncers.

- Anger: It's much easier to say, "Whatever - I don't care," than it is to say, "I'm hurt."
- Blame: Finding fault, making excuses, trying to get someone back, and lashing out - all of which are ways we try to protect ourselves.
- Avoidance: Thinking "I'm fine - no worries" or pretending that it doesn't matter, that we have walls up, and that no one cares.

Ex. I am getting too close to emotion so I will respond with "Whatever! Who cares?" or "I don't like them anyway" or totally disengage.

Numbing

I can avoid feeling the pain by _____. For many of us, the first response is not to feel our way through, but to make the emotion go away. We do that by numbing the pain with whatever provides the quickest relief.

We can numb with Netflix, social media, video games, relationships, grades, caretaking, religion, gossip, shopping, perfectionism, exercise, food, internet obsession, etc.

But we can't selectively numb emotions - when we numb the dark, we also numb the light.

Ex. Someone hurt me and I turn to Netflix, social media, video games, relationships, grades, caretaking, religion, gossip, shopping, perfectionism, exercise, food, or internet obsession.

Offloading Hurt Role-Play Cards

Stockpiling:

Stockpiling happens when we are packing down the pain, but here, we just continue to avoid hurt until the wisest parts of us, our bodies, decide that enough is enough. The body's message is always clear: Feel the pain or I'll shut you down. The body wins every time.

Ex. I don't want to feel the pain or talk about it, but I can't understand why I keep having headaches, stomachaches, panic attacks, crying spells, feeling too bad to go to school, or always being really tired.

The Umbridge:

Dolores Umbridge (from Harry Potter) wears cutesy pink suits and pillbox hats, adorns her pink office with bows and trinkets decorated with kittens, and enjoys torturing children who misbehave.

The Umbridge presents as, "Everything is awesome," or "I just never really feel angry or upset," or "If you're just positive, you can turn that frown upside down" - often masking real pain and hurt. These behaviors are as much red flags as brooding and anger are.

Ex. The person I've been dating broke up with me. On the inside, I am sad, hurt, and scared/anxious, but at school and on social media, I make sure my life looks wonderful and happy.

High-Centered

If I recognize my hurt or fear or anger, I'll get stuck. Once I move even a little, I won't be able to go back and pretend that it doesn't matter, but moving forward might open a floodgate of emotion that I can't control. I'll be stuck. Helpless. Recognizing emotion leads to feeling it. What if I recognize the emotion and I lose control? I don't want to cry at school, in front of my friends, or even when I'm with my parents. Getting high-centered is the worst because we feel a total loss of control. We feel powerless.

Ex. The person I've been dating broke up with me. On the inside, I am scared that if I tell her that I will start crying and never stop. I also can't pretend nothing is wrong because I can't physically hide the look of hurt and the redness on my face.

