

Bereaved Dad's Network

www.bereaveddadsnetwork.com



Kryptonite

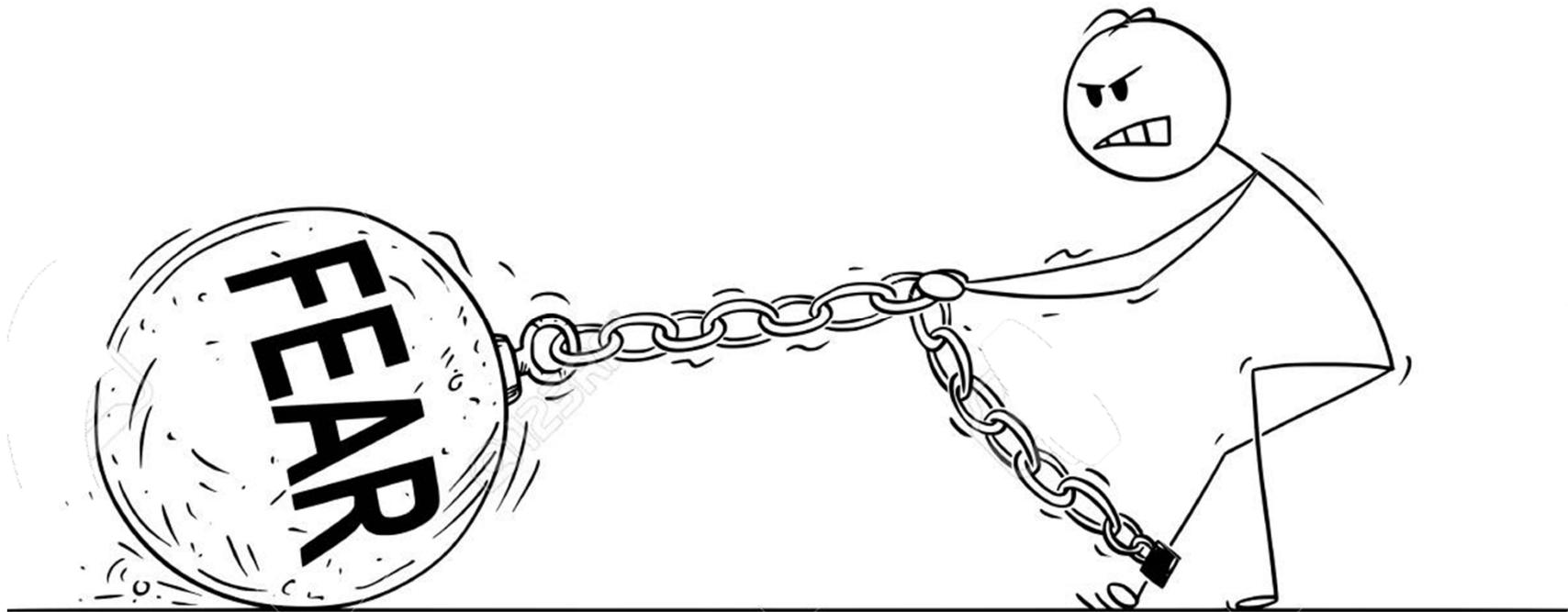
AT THE BIRTH OF
YOUR CHILD YOU
BECAME A DAD

PROTECTING &
PROVIDING FOR
YOUR CHILD!



A DAD'S GREATEST FEAR

MY CHILD HAS DIED



PRIMARY EMOTION

FEAR

SECONDARY EMOTION

Horror

SECONDARY EMOTION

Nervousness

TERTIARY EMOTION

Alarm, shock, fear, fright, horror, terror,
panic, hysteria, mortification

TERTIARY EMOTION

Anxiety, nervousness, tenseness, uneasiness,
apprehension, worry, distress, dread

Slide 6

BM1

Biolette, Matthew, 10/30/2019

BUFFERING IS
HOW WE PUSH
OUR EMOTIONS
AWAY

+/- WORKING

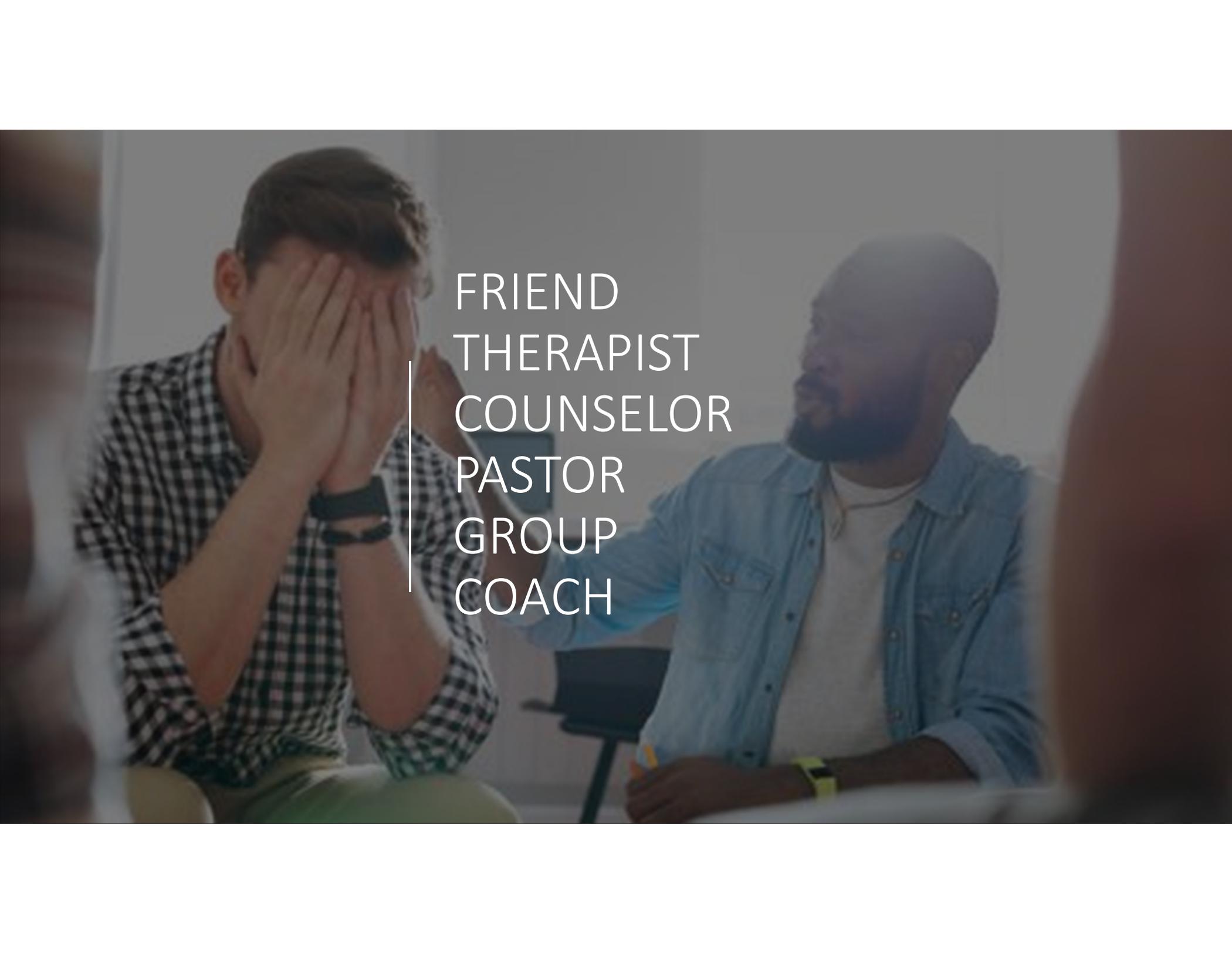
+/- SLEEP

+/- EATING

+/- EXCERISE



Buffering...
PLEASE WAIT

A photograph showing two men in a room. The man on the left is wearing a black and white checkered shirt and has his hands covering his face, appearing distressed or crying. The man on the right is wearing a light blue denim shirt and is looking towards the first man with a concerned expression. The background is a plain, light-colored wall. The text is overlaid in the center of the image.

FRIEND
THERAPIST
COUNSELOR
PASTOR
GROUP
COACH

NO ONE WAS EVERY TALKED TO
BEING EMOTIONAL HEALTHY

Breaking The Chains That Hold You



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