

Exploring Inner **BETRAYAL** & its Opposite - Trust

This resource has been designed by Lyn French, A Space Director, to be used with the emotional learning cards from the set entitled '**A-Z of Emotions**'. Purchase the cards online at www.inivacreativelearning.org

BROKEN TRUST

All of us experience big and little betrayals in the course of everyday life. There will be instances, too, when we betray others either knowingly or without being aware of it.

When we feel betrayed, our trust is broken, whether that trust has been placed in a person or in a school or a place of work or in society. Betrayal is linked to anger and also to loss. When we are betrayed, we may be angry at being misled or cheated in some way. As well, we may feel upset at losing what was, before the betrayal, a loyal relationship or a trusting belief in something good.

- **Give some examples of the kinds of experiences that leave someone feeling betrayed. Include examples of betrayal in the family, between friends and in other relationships.**

THE SHOCK OF BETRAYAL

If someone who is important to us cheats on us, takes advantage of us or simply behaves in a way that hurts us when we hadn't expected it, we can feel betrayed. Betrayal often comes as a shock - we may feel as if the person we thought we knew is not who we thought they were, as we'd never imagined they would behave in this way. Or it shatters our belief in how things are and how we think they are meant to be. For example, if we feel that an older sibling likes us and wants to protect us but then they fail to stand up for us or do not take our side in a family argument, it can feel like a betrayal. Our belief in them could be broken, at least temporarily.

Larry Achiampong's digital image shows a character saying '*But you...? My comrade?!?*' which is a modern version of a famous line by Julius Caesar in Shakespeare's play uttered when he is betrayed by his close friend, Brutus. In the play, Brutus is one of those who join in stabbing Caesar to death. We probably won't be betrayed - or betray others - to such dramatic effect but we all can feel betrayed when someone 'kills off' a friendship by unexpectedly breaking it off without discussing it first. Or we feel like this when a good friend forms a close relationship with someone else and they become best friends, leaving us out. In such an instance, in addition to feeling betrayed and angry, we might also feel jealous.

CREATIVE TASKS Choose from the following:

- Look at the '**B**' card. **Larry Achiampong's** digital image on the front features a character speaking about betrayal. The background represents a city setting. Make a picture inspired by Larry Achiampong's. Write in the speech bubble words that reflect an experience of being betrayed.
- Read the back of the '**B**' card focusing on the feeling of betrayal and its opposite. Answer the questions posed.
- Look through the 'Dictionary of Emotions' handout on **betrayal** and its opposite, **trust**. Pick some out and make a picture or tell a story relating to them or describe an experience from your own life when you felt this way.

COMMON EXAMPLES OF FEELING BETRAYED (1)

WHEN PARENTS SEPARATE

Big and little betrayals are common in every family. Here are some examples of big betrayals and the kind of feelings that are stirred up:

When a parent moves out, our idea of 'family' may be changed forever. We could feel betrayed by our parents for not being able to keep our family intact. Perhaps we never expected our mother or father to leave or maybe we always knew our parents didn't get on and imagined they might spilt up some day. Either way, it can still feel like a betrayal if one of them moves away from the family for good. This can be a painful experience. It is likely that we will feel a mix of emotions such as:

- **Shock** - how is this happening to our family?
- **Anger** - why couldn't our parents find a way to make their relationship work?
- **Guilt** - we might wonder, have we been 'bad' or made things 'bad' at home and pushed the parent away?
- **Panic** - will we be able to see the parent who is leaving? Will they want to see us?
- **Sadness** - now our family isn't the same (we have to mourn the loss of how our family was and adjust to the new arrangements)
- **Guilty Relief** - our parents didn't get on so we are glad that mother/ father is leaving but we feel guilty about this reaction
- **Shame** - why can't our family stay together? Why can't our parents 'fix' their relationship? Is it broken forever?

Anger is often the first emotion we experience following the shock of betrayal. Look at **Chila Burman's** collage which is made up of bold marks and strong colours which capture how anger can feel.

- **What kind of family betrayal do you think is the most difficult to experience?**

CREATIVE TASKS Choose from the following:

- Look at the '**B**' and '**A**' cards. Combine both techniques to create an image that captures both betrayal and anger. You might, for example, make a collage similar to Chila Burman's and then add a character like Larry Achiampong's to it with a speech bubble expressing shock, anger or betrayal.
- Read the back of the '**B**' card focusing on one of the other emotions highlighted.
- Look through the 'Dictionary of Emotions' handout on **betrayal** and its opposite, **trust**. Pick some out and make a picture or tell a story relating to them or describe an experience from your own life when you felt this way.

COMMON EXAMPLES OF FEELING BETRAYED (2)

WHEN A PARENT STARTS A NEW RELATIONSHIP

A parent who has left the family might start a new relationship. Maybe the parent who has stayed also begins a new relationship. These experiences can feel like a betrayal and stir up mixed feelings such as:

- **Shock** - mother/father has someone new who is important to them (we can feel 'demoted' or pushed aside)
- **Anger** - why has this new partner come into our life? We don't really want them!
- **Confusion** - how can mother/father betray us by getting close to someone else?
- **Jealousy** - is the new partner getting a better relationship with our mother/father than was possible in our family?
- **Relief** - our mother/father is capable of forming a loving relationship.

A NEW BABY ARRIVES

A parent in a new relationship sometimes has a baby and starts a whole new family. This can seem like a 'double betrayal'- first the new partner and then a new baby! We can feel all of the above feelings all over again! Even if we like our parent's new partner and are excited to have a second family with a step parent and step siblings, at times, we can still feel on the outside looking in at a relationship that we might feel excluded from.

We can have a reaction to a new baby even if our parents are still together and the baby is a new brother or sister for us. Whenever a new baby arrives, we can feel mixed emotions including a sense of betrayal - we may think that we should be enough and the family doesn't need another child! These feelings can be quite strong but they don't cancel out excitement and love.

- **Imagine what is it like for a first born child to have a new sibling. How would this first born child feel?**
- **The second born would be the baby of the family. What would this second born feel if there was a third child?**

Larry Achiampong's digital image illustrating the card for **H** captures the opposite of hate which is love. We can have both loving and hating feelings towards a new sibling and towards our parents for bringing a new baby into our family. This is normal - we all have mixed feelings from time to time.

CREATIVE TASKS: Choose from the following:

- Look at **Chila Burman's** card illustrating the letter **M** for mixed feelings alongside **Larry Achiampong's** digital image illustrating the love as the opposite of **H** for love. Make your own image using these as inspiration.
- Read the back of the '**B**', '**M**' or '**H**' card focusing on one of the emotions highlighted.
- Look through the 'Dictionary of Emotions' handout on betrayal and its opposites. Pick some out and make a picture or tell a story relating to them or describe an experience from your own life when you felt this way.

COMMON EXAMPLES OF FEELING BETRAYED (3)

FEELING BETRAYED BY A SIBLING

If a sibling who is younger than us achieves more than us, we could feel a kind of betrayal. We are used to being older and therefore ahead of our sibling. To be outshone by them can come as a surprise. We may feel shocked and jealous.

Or if a sibling we are close to forms a strong friendship with someone else and spends more time with them, we might feel betrayed as well as left out and upset.

- ***Have you ever felt betrayed by a sibling? What caused this? Were you able to resolve it?***

BETRAYALS IN FRIENDSHIPS

A friend might gossip about us or tell others something we have shared in confidence. If we thought we could trust the friend, finding out about their betrayal can come as a shock. We may feel our friendship isn't what we'd imagined it to be.

- ***Has this happened to you? Or have you ever betrayed someone else? What did you feel?***

ROMANTIC RELATIONSHIPS

If a boyfriend, girlfriend or partner does something behind our back such as talk about us or start seeing someone else, it can really hurt. It is likely that we will feel betrayed, angry and puzzled- *why have they behaved as they have?* is a question we might ask ourselves. Our trust in them may be re-established but it could take some time. Or we may feel that our trust in them can never be restored.

- ***Can you name a famous film, book or TV show which has a romantic betrayal in its story?***

Phoebe Boswell's drawing for the card illustrating **P** is a portrait created to resemble a puzzle suggesting that things don't quite fit together. We can feel like this when someone close to us betrays us by behaving in a way we haven't expected or when we surprised and disappointed ourselves when we have been the ones to betray someone else.

CREATIVE TASKS: *Choose from the following:*

- Make a drawing based on the idea of a puzzle using Phoebe Boswell's picture as your inspiration. You may want to make the puzzle pieces fit together to suggest that we can all feel broken up at times but with support we don't have to fall apart completely.
- Read the back of the **P** card and answer some of the questions.
- Look through the 'Dictionary of Emotions' handout on betrayal and its opposites. Pick some out and make a picture or tell a story relating to them or describe an experience from your own life when you felt this way.

COMMON EXAMPLES OF FEELING BETRAYED (4)

SHATTERING EXISTING BELIEFS

We may grow up with a particular belief system and then feel betrayed when something happens that shatters this belief.

Or we may have a fixed idea about the qualities we expect leaders or parents to have and then feel betrayed if they disappoint us or let us down in some way.

We could also have in mind an ideal image of how a school or a work place or some other organisation should treat its members and feel betrayed if it falls short of the mark.

POLITICAL BETRAYALS

A spy might betray his or her country during a time of war. Or a country could vote in a leader who the citizens feel can be trusted only to then discover that the leader is corrupt. People living in such a country can suffer greatly if the politicians or leaders do not ensure that public services such as hospitals and schools have enough money to run. As well, there can be food shortages or lack of jobs or no support for the vulnerable. In such instances, the population can feel very betrayed.

If a country has different groups of people living in it, they may start a war with each other instead of finding ways to live with their differences. This can lead some to feel betrayed by those in their community or family who are willing to take up arms and fight.

- **Can you give an example of a country that is at war right now? Why are wars never the answer?**

PHYSICAL 'BETRAYALS'

If we become very ill, we may imagine our body has betrayed us. Or when someone close to us dies, it can also feel like a form of betrayal. Even though it is irrational, just the knowledge that we all have to die can feel like a kind of betrayal. **Dia Batal's** image illustrating **L** is all about loss. The Arabic writing making up her picture records the names of people killed in a war in Syria. Experiencing a friend or family member being killed is the most extreme form of betrayal.

CREATIVE TASKS: Choose from the following:

- Make a picture based on **Dia Batal's** image. You can create your image out of words written in English or another language which capture what it feels like if someone dies.
- Read the back of the **L** card and answer some of the questions.
- Look through the 'Dictionary of Emotions' handout on betrayal and its opposites. Pick some out and make a picture or tell a story relating to them or describe an experience from your own life when you felt this way.

DICTIONARY OF EMOTIONS

Common experiences of BETRAYAL

A friend lies to us	Someone we are close to leaves us	A parent moves out
A sibling forms a close relationship with someone else	We are cheated in some way	Our beliefs are challenged
Someone we trust tells others about our private life	A parent starts a new relationship	A parent has a baby
We are excluded by close friends	We are not invited to something everyone in our circle is going to	We are told off by a favourite teacher or a boss
We do not get what we have been promised	Life treats us badly	Our country's leaders let us down
Someone in our family tells stories about us	Someone close to us gets very ill	A relative or friend dies
We are not loved enough	We do not get what we need from our family	We feel we are missing out

DICTIONARY OF EMOTIONS

Common Feelings & Thoughts triggered by BETRAYAL

SHOCK	ANGER	JEALOUSY
DISAPPOINTMENT	HUMILIATION	SHAME
WOUNDED PRIDE	LET DOWN	SHATTERED
OUR WORLD FALLS APART	WHY?	HOW CAN I TRUST ANYONE AGAIN?
CAN BROKEN TRUST BE REPAIRED?	CAN WE FORGIVE?	UNSURE
DREAMS OF A FUTURE TOGETHER SHATTERED	DO I HAVE THE CONFIDENCE TO MOVE ON?	DO I RISK A NEW FRIENDSHIP?
FULL OF FEAR & ANXIETY- the world feels unsafe & people can't be trusted	WHO CAN I REALLY TRUST?	IS ANYTHING AS I THOUGHT IT WAS?
FEELING DEPRESSED	LOSS OF FAITH IN OTHERS	NO ONE TO TURN TO

DICTIONARY OF EMOTIONS

The opposite of BETRAYAL

LEARNING TO TRUST AGAIN	NEW OPPORTUNITIES	WILLING TO TAKE A RISK & FORM NEW FRIENDSHIPS
FINDING FORGIVENESS	TRYING NEW THINGS	LETTING GO OF HURT FEELINGS
MOVING ON	FINDING A NEW PATH	DISCOVERING PERSONAL COURAGE
A CHANCE TO RE-INVENT OURSELVES	CHANGING DIRECTION	FEELING SECURE AGAIN
TRUSTING NEW EXPERIENCES WILL BE GOOD	BELIEVING IN PEOPLE	MAKING REPARATION
TRUSTING MYSELF	MAKING GOOD CHOICES	BELEIVING IN THE FUTURE
WILLING TO LOVE AGAIN	BELIEVING IN MYSELF	GOING FORWARD