

Tip Sheet: What Attorneys and Social Workers Should Know about Disruption

Created by: *Our Own Words*: Minnesota's Adoptee Advisory Committee

- Disruption affects us more than anyone else so think about what it will do to us. Don't let us be the last person you talk to about what's going on, if you talk to us at all. Ask for our side and for our input.
- I am hurting during a disruption and I may be sad and quiet and that might make it seem like I don't care.
- I will come around when I'm ready and when I trust you. Show me you care by being there for both the **good** and **bad** times. Not just the times when I am in crisis.
- You are representing me. Be more than just physically present since this is my life.
- When you see behaviors that may just mean that it is too hard for me to talk to anyone about what I am feeling.
- Show consistency; keep trying to connect with me, even if I keep throwing testing and challenging behaviors your way. No matter what, spend time with me to show me you are still committed to me.
- At the root of a disruption is sadness, confusion, loneliness, guilt, and self-blame.
- I have been taught to mistrust people. Show me that I can trust you.
- The behaviors that sometimes lead to disruption might be an attempt to reject everyone before they reject me so it doesn't hurt so much.
- Disruption is the outcome kids test to see if it will happen; by disrupting you are only proving that our worst fears can come true.

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