

# The Big and Special Sadness Do-book

*The only official training for Cuddly Comfort Animals*



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Illustrations: Rainer Harman

## The Big and Special Sadness Do-book

*The only official training for Cuddly Comfort Animals*

You don't become a Cuddly Comfort Animal just like that. You have to be strong and warm and soft. And very, very Special.

Special is something you also don't become just like that. You know that, of course. That's why you can help your Cuddly Comfort Animal to become so very Special.

A Cuddly Comfort Animal only becomes very Special when he understands all about your Big and Special Sadness. Only you can make him see, hear and feel that. Then he will become the very, very, very best Cuddly Comfort Animal there is, and is all Cuddly Comfort Animals want.

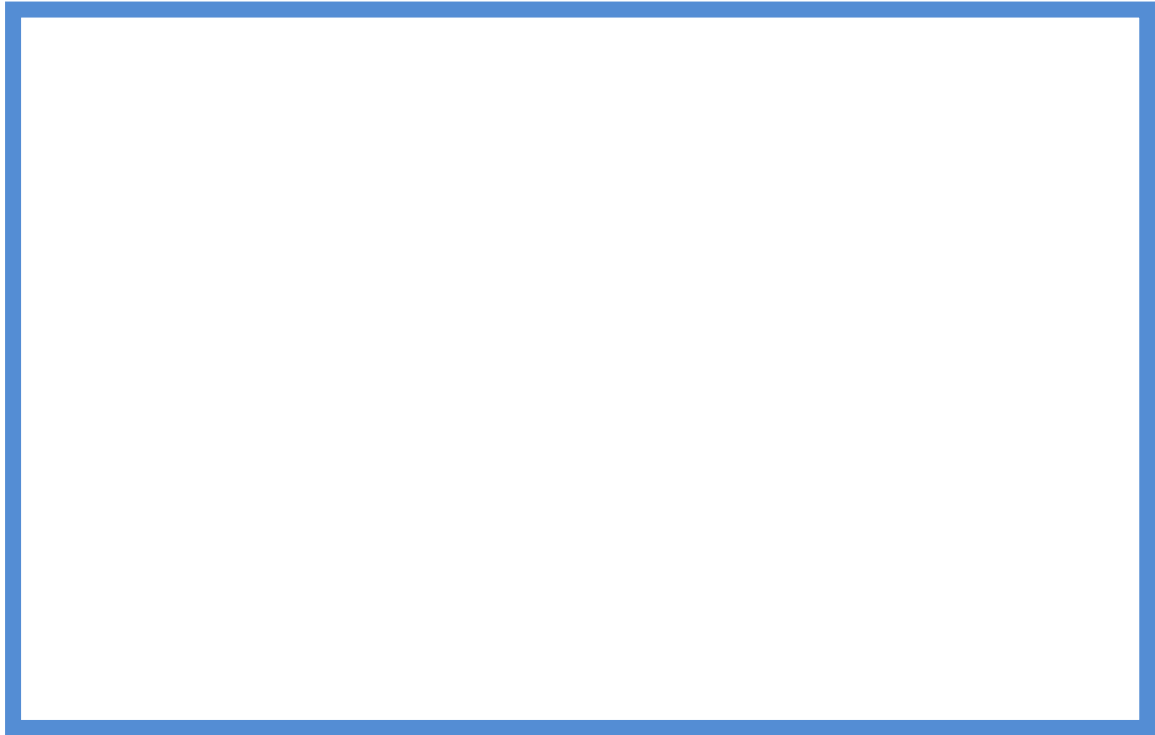
This book will help you train your Cuddly Comfort Animal. And only when YOU think he has become the very, very, very best Cuddly Comfort Animal, you give him the Cuddly Comfort Animal Championskiss and the diploma!



Now hold your Cuddly Comfort Animal close, because he has to be able to hear clearly all that you say and see all that you do!

1.

1. Look.....(Fill in the name of your Cuddly Comfort Animal), this is you.  
*(please draw a picture of your Cuddly Comfort Animal)*



2. And this is me. *(please draw a picture of yourself here)*



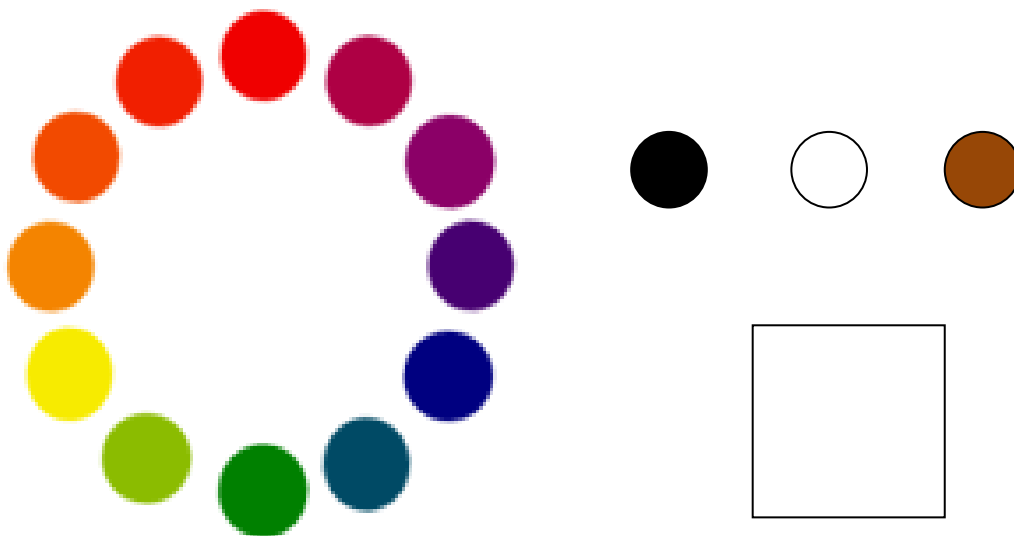
2.

3. This is my house and all the people that live in it. *(Again, please draw...)*



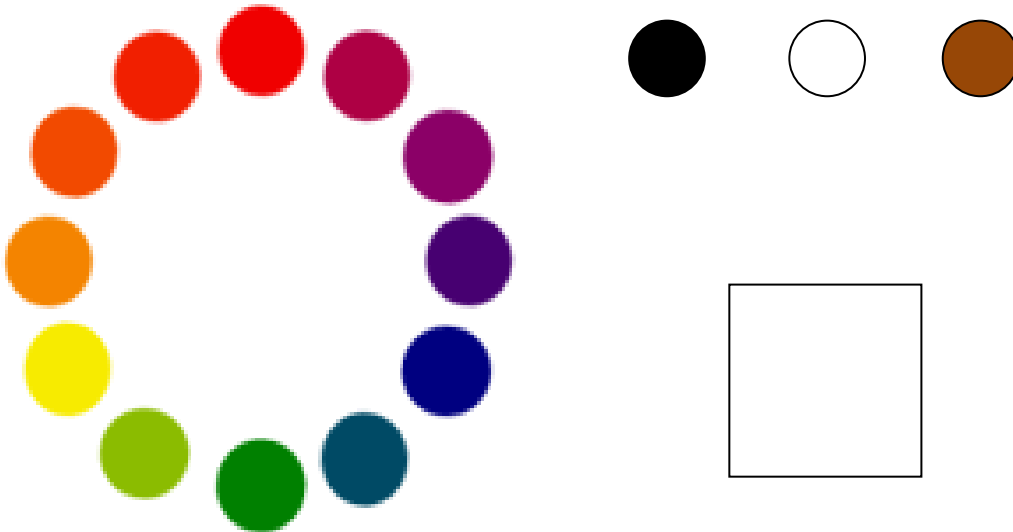
4. A Big and Special Sadness changes everything. Also my house and the people. Maybe I can show you best with a color. Before my Big and Special Sadness everthing felt like this color :

*(just draw a circle around the color or color in the empty square yourself)*



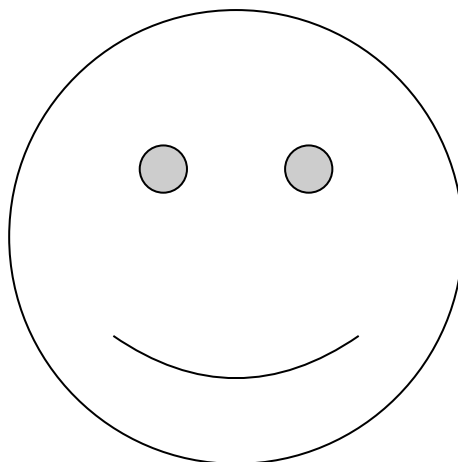
But now, now everthing feels like this color:

*(again, just draw a circle around the color or color in the empty square yourself)*



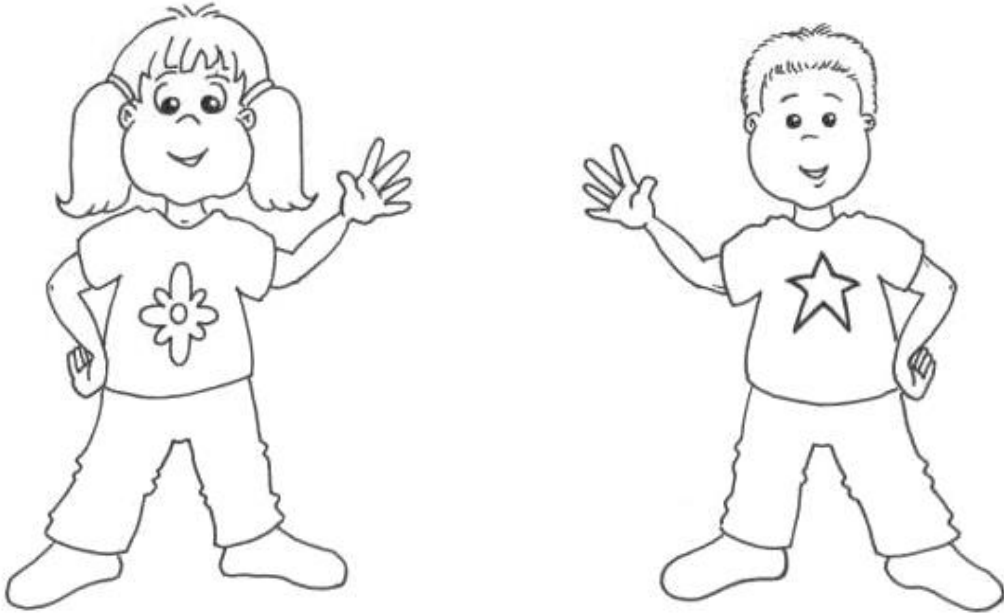
And this color I think is the best color in the whole wide world:

*(just use the color or colors that you like most!)*



5. Big and Special Sadness can move around in your body, or sits in one place. My Big and Special Sadness sits here most of the time:

*(please put marks where you feel your Big and Special Sadness)*



6. And my Big and Special Sadness feels this heavy:

*(please put a mark around the sack that you feel equals your Sadness)*



7. and as high as this mountain...

*(please mark the mountain that is just as high as your Sadness)*



8. This is what it looks like when it shows in my face....

*(Now hold your Cuddly Comfort Animal in front of you and make the face that fits your Sadness)*

9. and this is what it sounds like....*(Make the sound of your Sadness)*

10. It is cookie time! You and your Cuddly Comfort Animal have worked very hard and can have a drink, cookie or some candy now. If you want, you can draw the cookie or candy you would like. And maybe you can get it for real!



11. Sometimes I can be really mad at others, just like that....

*(Grab a pillow and punch at it as hard as you can, maybe a hundred times. Now your Cuddly Comfort Animal can see how Big your Sadness really is. Squeezing or biting the pillow is also allowed, but only if your Cuddly Comfort Animal can see it. Actually, you need to do this every day, because your anger may feel different every day!)*



*(You can also blow all your anger in a balloon..... and then..... pfffft, you let go!)*



12. Sometimes I am angry at myself. Because then I think it is all my fault....

*(If that is the case, please tell your Cuddly Comfort Animal loud and clear why you might think that. Because you see, it is actually very clear and certain that there has never been a child and never will be a child that is guilty of causing a Big and Special Sadness and Cuddly Comfort Animals are well aware of that. So he does not understand you when you think that.)*



14. When my Big and Special Sadness is at it's Biggest, this is what I like to do best:  
(Please mark one or more, or draw something yourself!)





14. Sometimes I am scared....

*(could you please show your Cuddly Comfort Animal when you are most scared?)*



*Well, I think that all of your Big and Special Sadness is also in your Cuddly Comfort Animal by now. Just hold him close, no one knows the way you feel like he does....  
Can you feel that?*

*Then NOW is the time for **THE CUDDLY COMFORT ANIMAL CHAMPIONSKISS !**  
And of course his diploma!!*

*Note: please don't forget to practice with him regularly!*