

THE EMOTIONAL  
SIDE OF  
DYSLEXIA

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OBJECTIVE

ADDRESS THE EMOTIONS THAT ARE INVOLVED IN THE DIAGNOSING PROCESS.

DISCUSS THE GRIEVING PROCESS FOR SOME PARENTS WHOSE KIDS ARE DIAGNOSED

DISCUSSING THE 4 STAGES OF ADAPTATION

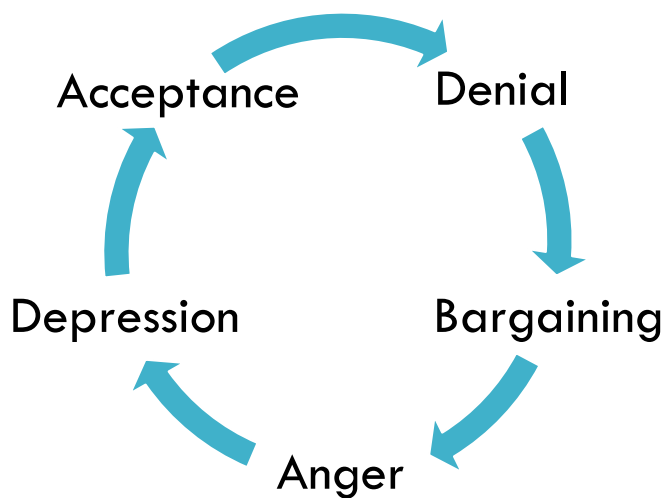
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## EMOTIONS THAT PARENTS MIGHT FACE

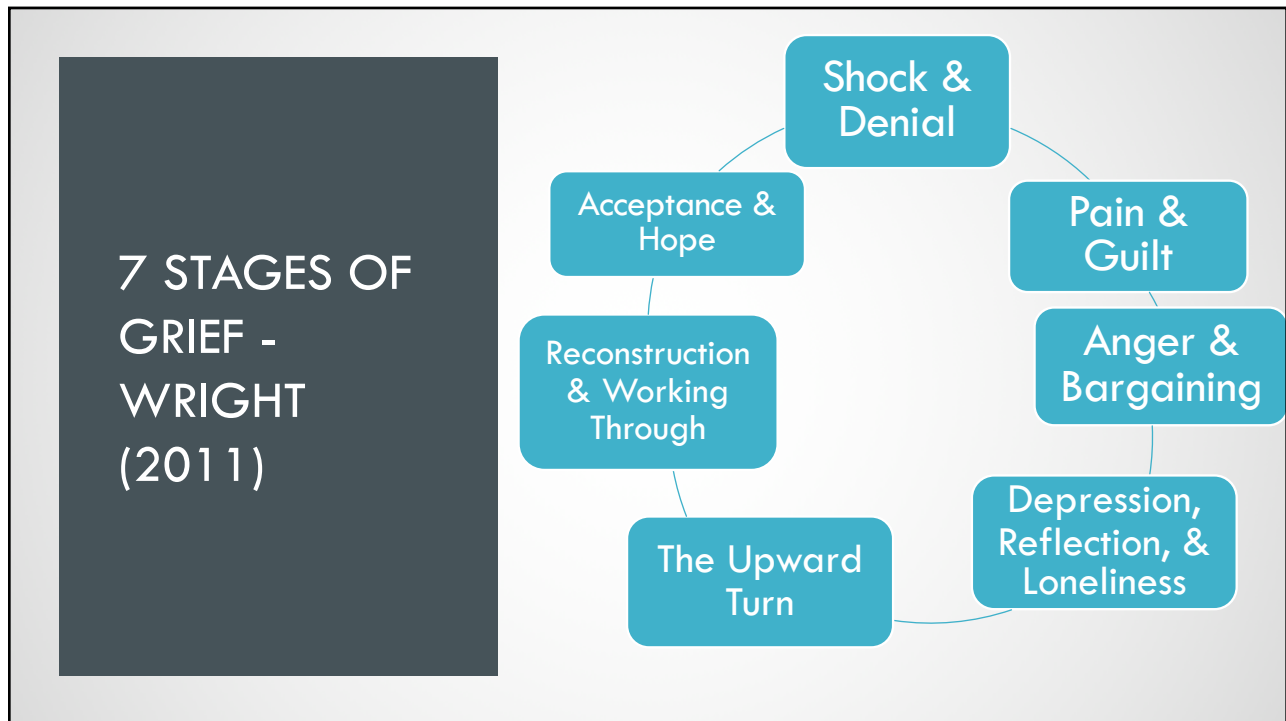
- Anger
- Bargaining
- Blame
- Guilt
- Shame
- Fear
- Frustration
- Relief
- Anything else?

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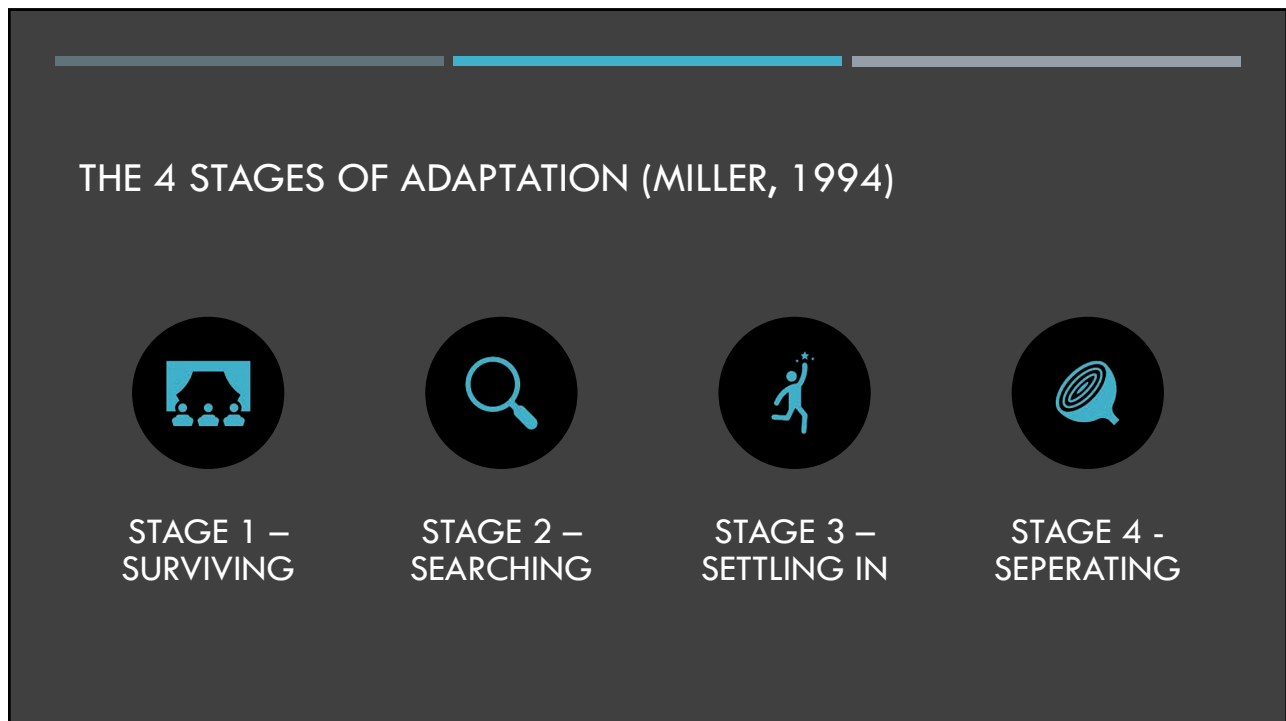


5 STAGES OF  
GRIEF -  
KÜBLER-ROSS  
MODEL (1969)

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## STAGE 1 - SURVIVING

- Shock
- Bodily stress and symptoms
- Grief and loss
- Confusion and fear
- Guilt and self-doubt
- Anger
- Denial

### STEPS TO EASING THE SURVIVING PROCESS

- Understand that **your feelings are normal**
- Try to **make time for yourself**
- Create and **use your support system**

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## STAGE 2 - SEARCHING

- **Outer Searching** for answers about your child's problems
- Outer searching gives you
  - Knowledge
  - A new perspective
  - Strength
- **Inner Searching** for understanding what the problems mean in your life

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## STAGE 3 – SETTLING IN

- Settling In is seeing the world for what it is and seeing yourself for who you are
- working to establish a new sense of stability and harmony
- Trying to understand how can one help their child.
- Prioritize one's child and their needs.
- Feeling more control of one's life

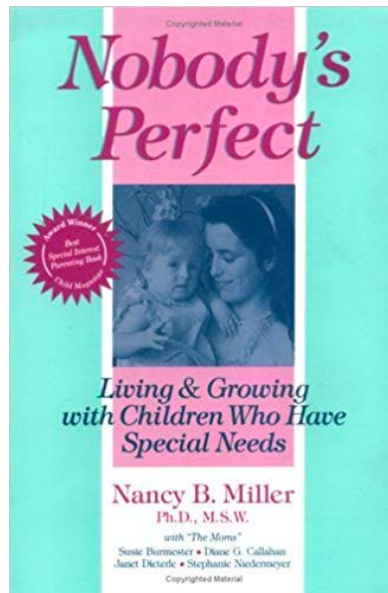
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## STAGE 4 – SEPARATION

- Stepping towards independence
- Helping one's child develop skills like
  - Self-esteem, persistence, and a sense of humor
  - Daily living skills
  - Pride in physical appearance
  - Living skills practice
  - Self-discipline
  - Understanding and living with a disability
  - Learning to meet challenges
- Letting go  
What does that mean to you as a parent?

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NOBODY'S  
PERFECT: LIVING  
AND GROWING  
WITH CHILDREN  
WHO HAVE  
SPECIAL NEEDS



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## REFERENCES

- Kubler-Ross, Elizabeth. (1969). *On Death and Dying*. New York: Collier Books.
- Miller, N. B. (1994). *Nobodys perfect living and growing with children who have special needs*. Baltimore: Brookes.
- Wright, J. (2011). *7 stages of grief: through the process and back to life*.

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# QUESTIONS?