

Season 3

Episode 15: Left Behind

Original Air Date: April 3rd 2007

Facilitation Date: April 10th 2007

Episode Information:

After discovering that one of her own has betrayed her to "The Others", Kate is left to fend for herself in the jungle with Juliet. Meanwhile, Hurley warns Sawyer to change his selfish ways and make amends with his fellow survivors or he may face a vote of banishment.

Overall Episode Discussion Theme:

- "Left Behind" deals primarily with Kate's trip to get answers from her mother. In this particular lesson we will be focusing on her in the context of how people heal following a trauma.

Returning Characters:

- Cassidy Phillips - The mother of Sawyer's child - Flashback off island

Key Show Facts:

- "The Others" suddenly abandon the barracks leaving Kate, Juliet, Jack, and Sayid behind.
- John Locke says goodbye to Kate and reveals that he is leaving with "The Others".
- Kate awakes in the jungle handcuffed to Juliet.
- In order to save their lives Juliet reveals that she has had the key to the handcuffs the whole time.
- Jack, Juliet, Kate, and Sayid leave the barracks in order to make their way back to the beach.
- Flashbacks reveal more of Kate's back-story including a confrontation with her mother and an unexpected friendship with Cassidy.

Time for speculation on the show – Sample Topics

- So, what's up with the smoke monster?

If you could look back on last week's show and plan this lesson... what would you focus on?

Review: What do we know about Kate?

What do we know about Cassidy Phillips?

Scripture: **Isaiah 58:6-8 (The Message)**

"What I'm interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You'll call out for help and I'll say, 'Here I am.'"

- What does the teaching mean to you?
 - What is the main theme/point of the passage?
 - What advice does it give?
- How does this teaching relate to what happened in this week's episode?

Clip 1 – Healing – 09:20 – 11:21 – "One of us deserves something good"

- What are some free association words that come to mind when you hear the word...
 - trauma?
 - healing?
- What is trauma?
- What is healing?

- Definition: **trau-ma** - *noun*

dictionary.com

1. A serious injury or shock to the body, as from violence or an accident.
2. An emotional wound or shock that creates substantial, lasting damage to the psychological development of a person, often leading to neurosis.
3. An event or situation that causes great distress and disruption.

- Definition: **heal-ing** - *adjective*

dictionary.com

2. growing sound; getting well; mending.

- What are some examples of trauma that you have experienced?

- Physical and/or mental
 - ex. Breakups, accidents, etc.

- What are some examples of traumas that you are aware other people may be experiencing?

- Physical and/or mental
 - ex. Illness, abuse, death, etc.

- What are some responses to trauma?

- Stress related responses?
- Physical responses?
- Emotional responses?

- According to the U.S. Department of Veteran Affairs - Possible responses following a trauma:

- Stress related reactions
 - Feeling hopeless about the future & detached or unconcerned about others
 - Having trouble concentrating, indecisiveness
 - Jumpy & startle easily at sudden noise
 - On guard and constantly alert
 - Having disturbing dreams/memories or flashbacks
 - Work or school problems
- Physical reactions
 - Stomach upset, trouble eating
 - Trouble sleeping & exhaustion
 - Pounding heart, rapid breathing, edginess
 - Severe headache if thinking of the event, sweating
 - Failure to engage in exercise, diet, safe sex, regular health care
 - Excess smoking, alcohol, drugs, food
 - Worsening of chronic medical problems
- Emotional reactions
 - Feeling nervous, helpless, fearful, sad
 - Feeling shock, numb, unable to experience love or joy
 - Avoiding people, places, and things related to the event
 - Being irritable or outbursts of anger
 - Becoming easily upset or agitated
 - Self-blame or negative views of oneself or the world
 - Distrust of others, conflict, being over controlling
 - Withdrawal, feeling rejected or abandoned
 - Loss of intimacy or feeling detached

Clip 2 – Healing – 17:34 – 19:24 – “I want to know why”

Character Study: Kate

- What is the trauma that Kate experienced?
- How do you believe she was feeling?
- How did she respond to her trauma?
 - Was it healthy?
 - If not, how could she have responded that might have been healthier?

Character Study: Sawyer

- What is the trauma that Sawyer experienced?
- How do you believe he was feeling?
- How did he respond to his trauma?
 - Was it healthy?
 - If not, how could he have responded that might have been healthier?

Character Study: Juliet

- What is the trauma that Juliet experienced?
- How do you believe she was feeling?
- How did she respond to her trauma?
 - Was it healthy?
 - If not, how could she have responded that might have been healthier?

Character Study: Cassidy

- What is the trauma that Cassidy experienced?
- How do you believe she was feeling?
- How did she respond to her trauma?
 - Was it healthy?
 - If not, how could she have responded that might have been healthier?

Clip 3 – Healing – 27:49 – 30:27 – “You did it for yourself”

- How then do we heal?
 - What are some healthy ways to move on from trauma?
 - Why is it difficult to heal?

- 5 tips from About.com

1. **Distraction, distraction, distraction!** That’s right, distract yourself as much as possible. Out of sight, out of mind, inner plight, fill your time! Make yourself busy so that you can’t focus on your loss. Just make sure you busy yourself with productive activities like exercise, friend-time and focusing on school or work. Don’t get self-destructive and at all costs avoid excess of any kind.

2. **Cry it out as much as needed.** This is no time to put on a brave face. Your heart is broken, you’re wrought with disappointment and loss, it’s A-O-K to cry a lot. Just make sure that you cry in a private place, no PDAs (Public Displays of Affliction) and if you can’t handle being alone only cry in the company of someone close to you whom you know you can trust.

3. **Dance!** Put on your favorite song, something upbeat or even angry in tone, no sappy love songs allowed! Make sure it has a good beat and a sound that gets you moving. Then get up off your sad butt and dance around. Be silly, be funky, sing along at the top of your lungs, have fun with it. It sounds crazy, and it will look crazy to other people, but getting your real heart beating this way will do wonders for your proverbial broken one.

4. **Talk about your feelings with a friend... for a time.** Talking is an excellent way to cleanse your soul and ease your mind. Pick a close and trusted friend and ask them in advance to listen to you vent whenever needed. Warn them that they may get sick of listening to you say the same things over and over but that you really need their help. A good friend will be there for you. Then set a mental deadline in your head, 2-3 weeks is a good one but when coping with something serious, but may require more time, and once you’ve reached that deadline cease and desist all talk of the matter.

5. **Visualize your future, block out the past.** You need to stop living in the past and focus on the future. People who are dealing with trauma tend to play over past events in their head ad nauseum. This

behavior is normal and healthy in the early days after a trauma but it can quickly become a dangerous and defeatist coping strategy. So after the first couple of days have passed you need to forget the past, good and bad, and look to the future. Think about all the positive ways your life will change. You don't need to bury your past forever, just for now, and when you can think of the past and smile you'll know that you're well on your way to being healed.

- Pick any character on the show that you believe has suffered a trauma.
 - If you could give them advice, in regards to healing, what would it be?
- What can we take away from this episode?

Devotional Activity: (10 Minutes)

In an effort to see to it that we are all healing, we will be utilizing one of the above-mentioned tips right now. Pass out a sheet of paper to every person in the class. In the center make sure there are a bunch of markers or crayons, possibly colored pencils. Have everyone take a moment in silent thought, encourage everyone to be conscious of a trauma they may have experienced. Then have everyone think about their future, have them visualize what they are most excited about. After a few minutes of silent thought, have everyone take the markers and draw a picture of their future. They can be anywhere, doing anything - the point is to remind us all that no matter how terrible our past may be, we can always look forward. After everyone has had a chance to prepare their picture, go around and share.

Further Speculation:

- Is the fact that Juliet did not go with "The Others" a shady plot or did she truly get left behind?

Clip times refer to episodes presented without commercials (i.e. On a DVD or legally downloaded through iTunes - <http://phobos.apple.com/WebObjects/MZStore.woa/wa/viewVideo?id=220100200&p=200507719&s=143441>).

Most recent episode also available at <http://dynamic.abc.go.com/streaming/landing> - streaming only.

Scripture courtesy of <http://www.biblegateway.com>.

Definitions courtesy of <http://www.dictionary.com> and <http://www.urbandictionary.com>.

PTSD available courtesy of http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_commonreactions.html

Tips for heartbreak courtesy of <http://teenadvice.about.com/od/breakingup/a/heartbreak5tips.htm>

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