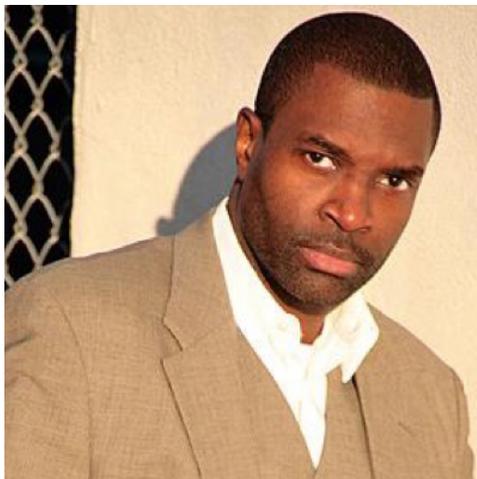


JEFF REDD // Reflection Guide

MUSIC EXECUTIVE/PRODUCER/WRITER/SINGER



1. Jeff Redd was eight years old when his dad died from a heart attack. He remembers seeing his mother cry when she got the news on the telephone; naturally he started to cry as well. At that time, someone told him “now you are the man of the house,” to Jeff this was the worst thing imaginable. Jeff had no idea what it

meant to be a man. Taking on such responsibility at a young age eventually affected his relationships and other parts of life.

Have you ever had someone tell you how you should feel or what to become after your loved one died? What was your reaction? Your thoughts? Your feelings?

2. Jeff explains how the death of his father motivated him to always want to do more, to be better in life and as a result, he overachieved.

How has the death of your loved one impacted your life goals and achievements?

3. In the back of his mind, Jeff still feels he is the “man of the house.” As a result, he believes like he needs to take care of everybody.

Who do you take care of and who takes care of you?

4. Jeff explains that it wasn’t until 24 years after his dad died that he really dealt with the loss. His emotions were triggered by a movie, *October Sky*, in which the father of one of the main characters had died.

It is not unusual for people to have a delayed emotional response to the death of someone important to them, especially if they keep busy taking care of the needs of others. Do you think anyone in your life has had a delayed experience grieving a loss? When did you begin to really deal with the loss of your loved one? What were the specific things that you recall about that time?

5. Jeff explains how he kept his emotions “inside” after his father died. He encourages kids experiencing similar situations to talk about it, cry, let it go and know that each day is going to get better and better.

What works for you, what helps you feel better? What would you tell others experiencing similar situations? What do you wish people had told you?