

KYRIE IRVING// Reflection Guide

NBA SUPERSTAR



1. After his mother died, Kyrie explained that his family formed "The Triangle" and became a "team" to help each other as they attempted to move forward in their lives. Interestingly, a definition from the field of mathematics suggests, *"Triangles help distribute forces such as tension and compression under a load"*. Kyrie has found the perfect metaphor to illustrate how his

family supported each other and heal after a death.

Think about your family, who is or can be a part of your triangle or team?

2. Kyrie has had a passion for basketball since the age of 3. He explained that when he was feeling down, " I would just go out of the house, pick up a basketball and go outside and just do what I love to do."

For Kyrie, basketball was his sanctuary; he took a 'breather' from the emotions of grief. What is your sanctuary?

3. Kyrie explained that he has trouble filling out forms and paperwork that asked for his mother's information. This experience seems to trigger his emotions.

Are there certain activities or times of the year when you feel the loss of your loved one the most?

4. Kyrie mentioned that he used to feel like he was different from other kids, classmates and friends who had two parents. He felt that they had a "perfect family" which meant a family with two parents.

Do you feel like you and your family are different from everyone else? Do you know other kids who have experienced the death of a loved one?

5. Kyrie said that he never really talked to anyone about his mom's death; instead he chose to keep it to himself. He had to learn how to really "open up", especially to his father.

What works for you? How do you open up to people about your loss?

6. Kyrie said that one of the hardest parts is that he would "never know" what his mother would have taught him, how she would have reacted to his successes and achievements.

What are some of the hardest parts of dealing with your own loss, especially related to how your loved one would react to your own successes?

7. Kyrie's advice for kids who are dealing with the loss of a parent included the following: You're not alone, the parent that you still have is grieving as much as you are, you're going to be okay, and just because you experienced a loss in your family doesn't mean that you cannot go on to achieve your dreams.

Do you think that his advice is helpful? What advice have you received that has been helpful or reassuring?