

THINK BEFORE YOU ACT-PROBLEMS/CONCERNS/WORRIES

Circle ones that most concern you. Then write a "Dear Abby" question.

appearance rejection being accepted shyness fitting in being lonely
lies about me pressure gossip making friends keeping friends competition
finding the right kind of friends boyfriends getting closer to parents school
being used by others putting myself down others putting me down laziness
hopelessness being made fun of admitting my fears forgiving myself self-criticism
forgiving others running away from pain being a failure expressing my feelings
not being loved for who I am being negative acceptance being too quiet the future
balancing school, friends, family following the crowd wanting to run away betrayal
stress from family stress from friends physical abuse emotional/mental abuse
how boys/girls judge me spiritual questioning dealing with phonies strict parents
easy parents parents arguing, separating, divorcing friend has changed jealous friend
jealous boyfriend friend is messing up her life stealing a boyfriend liking the same guy
feeling left out feeling unattractive over-sensitive friend being ignored by parents
being ignored by friends having to take care of a parent as if they are the child
feeling like a friendship is slipping away deciding whether to forgive a friend anger
boyfriend who ignores you when his friends are around depression losing hope
dwelling on bad things regrets not concentrating in school being hurt by someone
not enough sleep feeling rebellious too few friends too many friends
fears about being on my own feeling I can't handle something I feel like crying
10th year is harder than 9th year 10th year is easier than 9th year summer school
I'm too busy not able to move on from the past