

Worries and Fears

What do kids worry about most? According to Ladies' Home Journal, the top 10 worries of today's teenagers are:

- school performance;
- looks;
- popularity;
- death of a parent;
- treatment from friends;
- hunger and poverty;
- violence;
- losing a best friend;
- drinking; and
- finding a job.

TeenAge Magazine recently questioned its readers about their fears. Here's how the kids responded.

I'm afraid of:

- | | |
|---------------------------------------|--|
| ● nuclear war (57 percent); | ● loneliness (33 percent); |
| ● my parents dying (54 percent); | ● having a girlfriend/boy-friend (30 percent); |
| ● failing school (44 percent); | ● being beaten/injured (29 percent); |
| ● dying (43 percent); | ● disease (28 percent); and |
| ● having a car accident (34 percent); | ● rejection (28 percent). |



Why is it that when you forget yourself you always do something that everyone else remembers.

I LIE.
I SMILE.
I HIDE
MY HURT.

SOME DAYS
YOU JUST FEEL
LIKE BITING
SOMETHING.

Feelings are the
fuses that tell us
we are about to
explode

A noted doctor has listed several emotions which produce disease in human beings. Heading the list is fear, followed by frustration, rage, resentment, hatred, self-centeredness, jealousy, envy and ambition. The one and only antidote that can save us from these, he says, is love.

*If you are patient in one moment of anger,
you will escape a hundred days of sorrow.*
CHINESE PROVERB