

## 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);
- my parents dying (54 percent);
- failing school (44 percent);
- dying (43 percent);
- having a car accident (34 percent);
- loneliness (33 percent);
- having a girlfriend/boyfriend (30 percent);
- being beaten/injured (29 percent);
- disease (28 percent); and
- 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