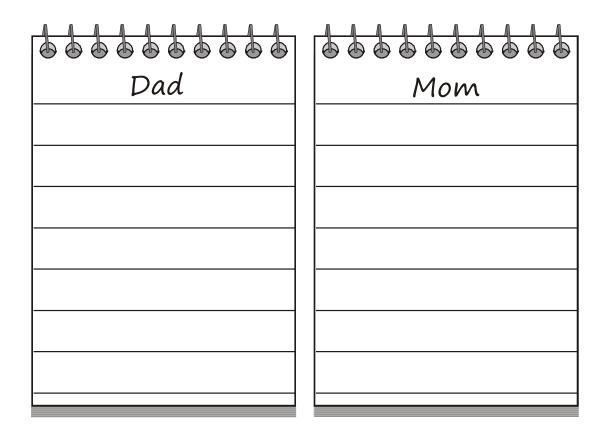
Where do I go from here?

 Write a sentence or two about how you feel or what you are thinking. Start the sentence with 'I'. Here are a few examples;

I feel..., I wish..., I am angry because ..., I am afraid that ...

- Use the words you've written to tell your parents the way you feel.
- Forgive your mom and dad for having hurt you. If you stay angry, your heart becomes hard and the love of others cannot get in to heal your wounded heart.
- When you're feeling down ask to go visit a friend. Start a new hobby. Write a short story or a poem. Make or bake something with a friend. This will help focus on some positive and fun things in your life.
- Ask a friend to help you with your studies at school. A sympathetic friend can help and encourage you to remember things that have slipped your mind.
- Pray to the best friend you could ever wish for Jesus. He will always be with you wherever you are. You can talk to him at any time about the way you feel.
- On this sheet of paper (or if you have a little book for your thoughts), write three good things about your mom and three good things about your dad; things you like about them or things you like doing with them.



Copyright © 2010, www.truthforkids.com