

## 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.

<i>Dad</i>	<i>Mom</i>