

DEALING WITH
TOUGH TIMES

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2134

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WORRIED

about

school

your family

your future

ever felt like

NO ONE CARES

Have you ever had a bad day? Have you ever worried about school, your family, or your future? Have you ever had a fight with a friend or a parent? Have you ever felt sad because of something or someone you lost? Have you ever felt like no one in the world cares about you? If you said yes to any of these questions, this course is for *you*.

Welcome!

Remarkably, every single person you know has felt these things at some time in his or her life. And every person you know will feel these things again. Somehow people manage to deal with it all and move on.

Dealing with Tough Times is a course about managing life's struggles. You will work with your teacher and the other young people in your group to understand why some of these things happen, decide what you can do about them, and come up with positive strategies for surviving and growing from these experiences.

Everyone struggles, just like you do. But everyone also has times of fun and happiness and pure joy—just like you do. Together the joys and struggles make up this thing we call life. Thankfully we're not in this alone. We have one another, we have our inner strength, and we have God walking beside us every step of the way.

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I'm Worried



Here is a list of worries commonly experienced by people your age. Put a check mark in the column that represents how often each of these worries concerns you. Skip the worries that do not apply to your life.

I almost never worry . . .

I worry once in a while . . .

I worry a lot . . .

	I almost never worry . . .	I worry once in a while . . .	I worry a lot . . .	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. about what others think of me
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. about how I look
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. that my parents might get a divorce
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. about getting a good job when I am older
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. about all the fights in my family
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. about all the people in the world who die from starvation or violence
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. that I might die soon
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. about my mom or dad dying
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. about whether I am doing well in school and whether my grades are okay
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. about whether others think the same things about sex as I do

I almost never worry . . .

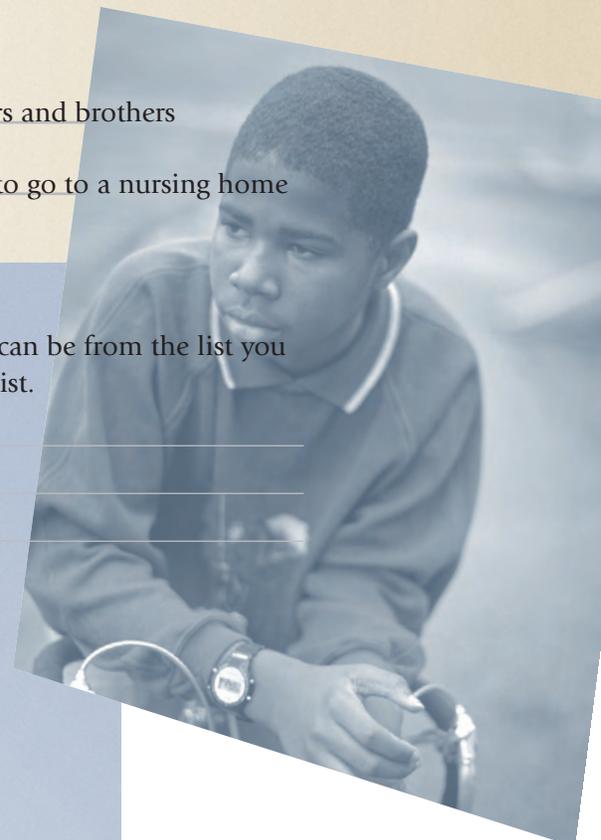
I worry once in a while . . .

I worry a lot . . .

- 11. about what high school will be like
- 12. about all the drugs and drinking around me
- 13. about whether I will make enough money to buy the things I want
- 14. that I might be sexually or physically abused
- 15. about being the best at something someday
- 16. about my mom's or dad's heavy drinking
- 17. about my interest in the other sex
- 18. about getting beaten up
- 19. about making friends
- 20. because I do not get along with my sisters and brothers
- 21. that my grandparents might die or have to go to a nursing home

Write on the lines below your top three worries right now. They can be from the list you just completed, or you may identify worries that are not on the list.

- 1. _____
- 2. _____
- 3. _____

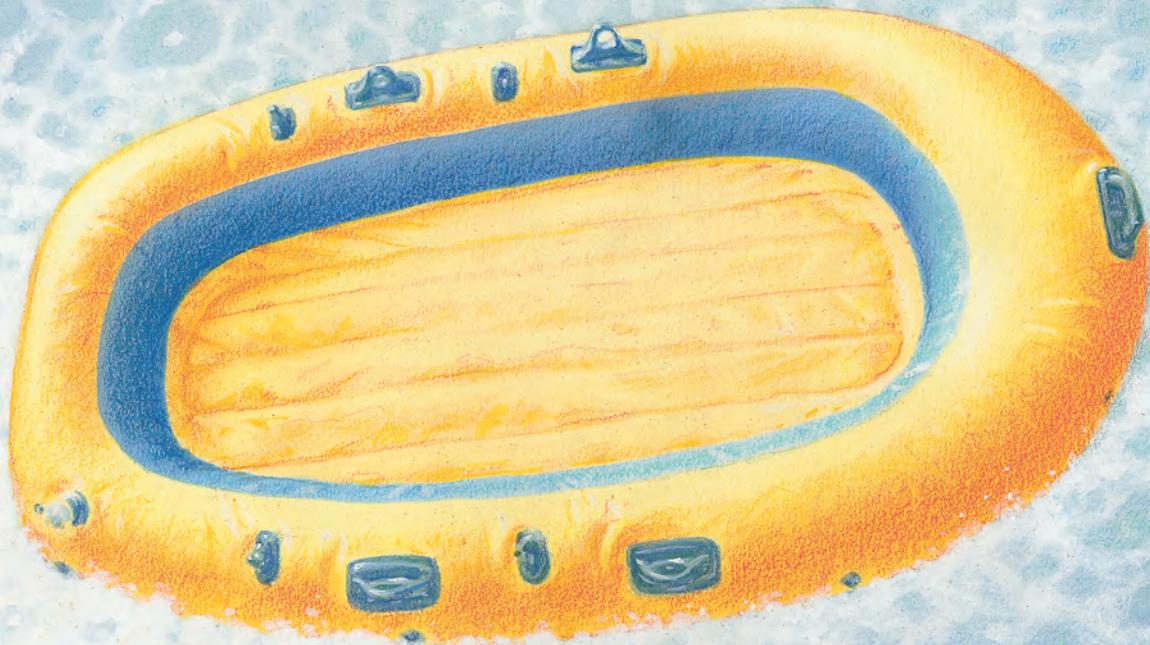


Trust the past to God's mercy.
 Trust the present to God's love.
 Trust the future to God's providence.
 (Anonymous)

I'm Coping

Inside this life raft, list the pressures that you feel inside yourself right now. Around the outside of the raft, list the pressures that are coming from other people in your life right now.

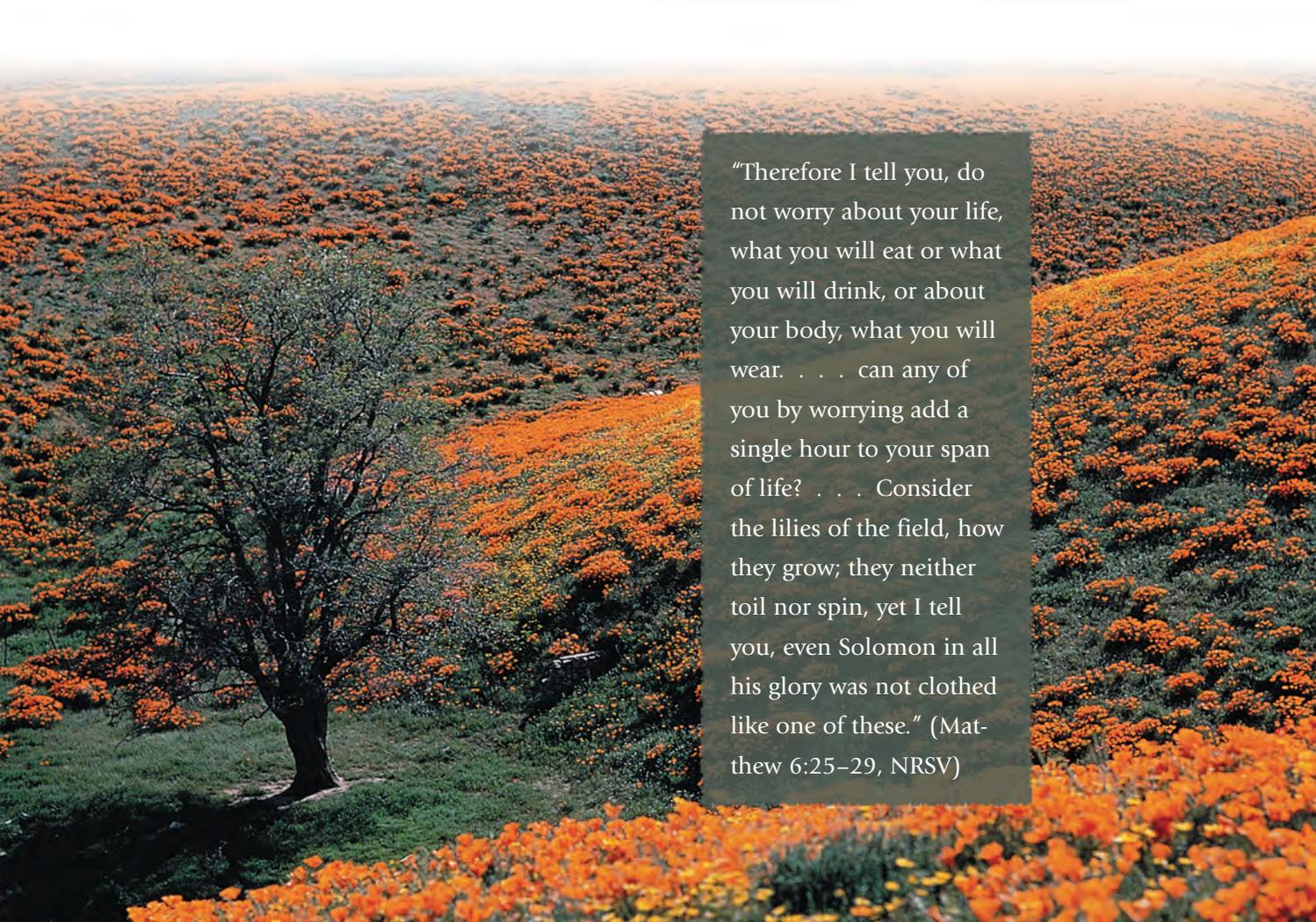
When your teacher tells you to do so, put an *X* through the pressures that you cannot do anything about. Draw a circle around the pressures that you think you can work on.



REMEMBER

These Things

- ✧ Most people enjoy life most of the time.
- ✧ Everyone worries sometimes. Everyone is afraid sometimes. Everyone feels pressure sometimes. Every one of your friends and every adult you know feels these things. It's part of life.
- ✧ It helps to know what pressures you can do something about and what pressures are beyond your control.
- ✧ It's important to have positive ways to deal with the stresses and pressures in your life.
- ✧ God is with you always—during the good times and the tough times.



"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. . . . can any of you by worrying add a single hour to your span of life? . . . Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these." (Matthew 6:25–29, NRSV)