

# THOUGHTS AND FEELINGS

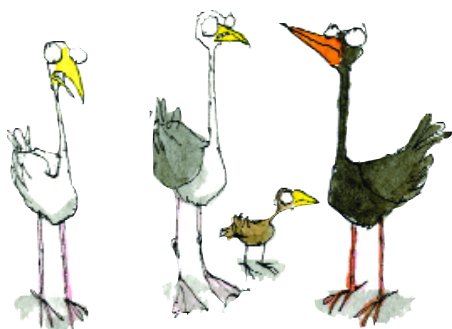


GETTING IN TOUCH  
WITH YOUR EMOTIONS



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Puberty is a time of constant changes - both in your body as well as your brain, your thoughts and feelings.

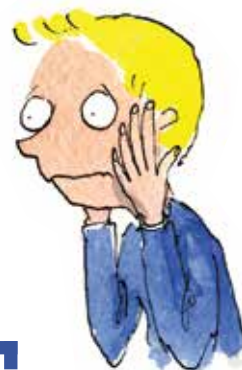
This book is designed to help you through this, often confusing, time. It covers everything from why you feel the way you do, and how emotions happen, to coping with difficult times or situations, and how to plan your future.

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# An emotional ROLLERCOASTER

At this point in your life, you're either experiencing, or are about to experience, some major changes to your body. You'll gradually become aware of the physical stuff that's happening, but there are changes happening in your mind as well that can be harder to pinpoint.



## Ups and downs

Puberty can be a very stressful time. Sometimes you'll feel as though you're riding an emotional rollercoaster. It's not surprising. You're starting to leave your childhood behind, and adapt to adulthood. That's a huge jump. You'll have to learn to make your own decisions and take more responsibility for yourself. These changes will affect the way you look at everything, from family and friends, to school and career.



You can feel strong emotions about the most surprising things!

