

Emotional Changes

Problem Letter 1

Hello,

I am a bit embarrassed about this, but I hope someone can help. I really, really like this boy in my class. I get strange feelings whenever I see him, like excited and a bit sick at the same time. I think about him loads and sometimes dream about him.

It's so weird because I have known him for ages and he has always been my friend. I never used to feel like this around him and it's really awkward. I get nervous every time he talks to me!

I can't talk to my friends, because I think they'll make fun of me, or (even worse) they might tell him and that would be awful!

Please help! What should I do?



Problem Letter 2

Hi there,

I'd really like some advice, please. I have been feeling angry all the time and I don't know what to do. I keep losing my temper at home with my parents and especially with my younger brother. No one understands and I just keep getting into trouble. I have also started to get really angry at school and got in a fight with another pupil the other day.

I don't feel like myself. I never used to get angry all the time. I feel out of control and I am worried that I will hurt someone or get into big trouble soon.

Any advice?



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

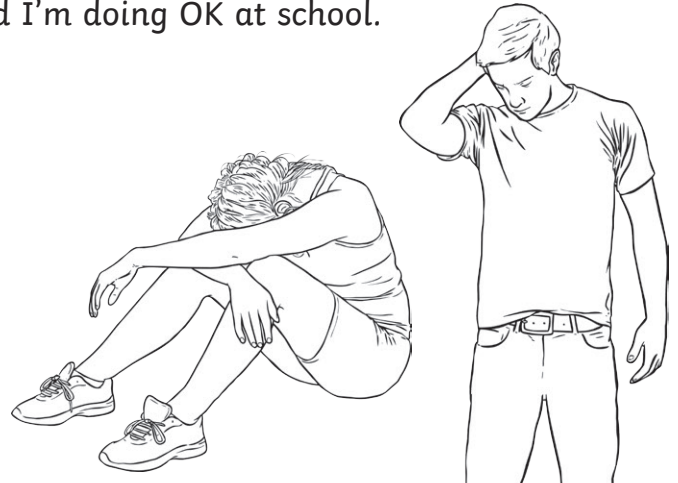
Problem Letter 3

Hi there,

I'm hoping someone might have some advice they can give me, as I am desperate and have no one to turn to. Lately I have been feeling really, really down. I keep crying all the time and feel so lonely. Often I don't even know why I am so down. I have started staying in more, rather than going out with my friends, just in case I cry in front of them or make them miserable too.

But now I feel so lonely and sad. Everyone else seems so happy. I have no real reason to be feeling down. Things at home are fine and I'm doing OK at school.

Why do I keep crying all the time?



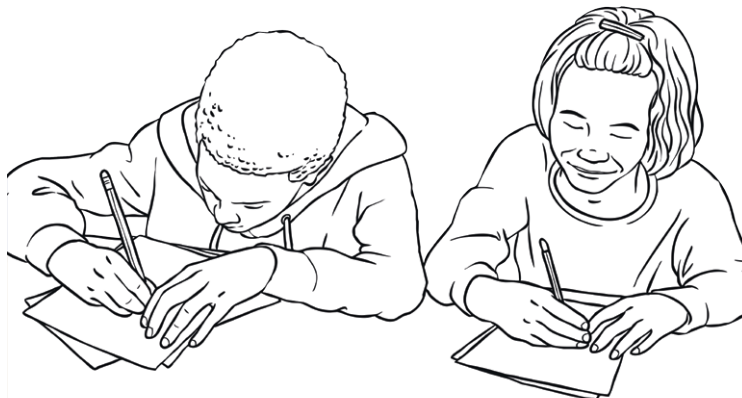
Problem Letter 4

Please, please, can someone help?

I am drowning in school work and just don't know what to do. The workload has increased and the pressure is all too much. Every lesson I struggle to keep up and every day I have loads of homework. Sometimes I don't get any done because I just don't know where to start. I sit there looking at it and just feel overwhelmed. Then, I have to make up excuses at school about why I haven't brought my homework in.

I don't want to look like a failure – everyone else seems to be coping just fine. But I am getting further and further behind.

What can I do?



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