

16 Year Old Feeling Lost

Client's Question:

"Hello. I'm a 16 year old girl and I am just so lost about everything. I cannot seem to understand the complexities of my mind and the demented thoughts that flood into it sometimes. It just feels like no one actually knows me for me and that I have to hide myself and my true feelings.

I think in some ways I am perfectly alone. I really would like someone to help me understand what's wrong with me. I fear I have a strange lust for attention even writing this feels stupid and unnecessary; my parents would never approve. There is so much more that I wish to discuss with someone and I really mean anyone who can help me, I just really need someone to care enough to help. Thank you!"

ScottCounseling Response:

Couple of questions for you:

1) The words that you shared with me tell me that you have a ton of brainpower. Is that true? If so, you need to know that individuals in your age group often report "complexities of the mind." In fact, new brain research indicates that the human brain is not fully developed until the age of 25 and, some of the most complex and challenging questions that your brain will be asked to process occur now. You mentioned "demented thoughts." Give me an example...

2) You also mentioned..."my parents would never approve." What would happen if you shared your feelings with them? What would happen if you shared your concerns with a school counselor? ...Your medical doctor? ...A youth pastor at a church? Many individuals in your age group have reluctantly shared what you have shared and to their surprise, their parents, school counselor, doctor and other trained or caring individuals (like most parents) were very helpful and understanding.

You may feel alone in your thoughts now, but you are not alone in this world! If the "demented thoughts" include hurting yourself (or someone else), you need to tell your parents, school counselor, school nurse, church pastor or another adult (relative etc.) now. They are not going to "freak out!" If you are a student in school, trust your school counselor and see that person today. You may also check out my Website at ScottCounseling.com and click on the Mental Health category for informational tips.

Get back to me with your thoughts. You are not alone!