Responding to Puberty

Consider the first half of each of the statements below. Do any of them describe how you feel from time to time? Consider how you can respond positively to each of these feelings. Then complete the *I can* statement in the space provided.

If I don’t feel comfortable with myself, I can . . .

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If I don’t always control my temper, I can . . .

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If I feel like I don’t have much in common with my friends anymore, I can . . .

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If I don’t feel I have enough independence, I can . . .

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If I feel like I don’t have much in common with my friends anymore, I can . . .

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If I don’t want to talk about my feelings with my family, I can . . .

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If I have a question about my changing body, I can . . .

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