

A STORY: THE ADOLESCENT YEARS



A Love Letter to My Mother

From Sara, your teen daughter

Mom, I want you to know that *I love you to the moon and back!*

I had a good sleep and woke up to the sunrise coming through my window. It's a perfect day to go for a walk in our nearby park. Please come with me, and we'll talk as we walk. Bring your freshly perked coffee in a mug to keep it warm, and I prefer to take juice in my container.

My mom was so surprised at this request; she got dressed hurriedly, and away we went. Looking at my mom's face, I could see the wonderment of what this could be about. I told her that it was good news I wanted to share, and then I could see her shoulders relax.

Mom, I want to tell you what I've learned in my after-school program about being a teenager. I feel this is very important for you to hear from me. The only thing I ask of you today is to listen and refrain from speaking.

Recently, you seem to be short-tempered and upset with anything I do. I know that you love me and want the best things to happen in my future. I want to discuss the changes I've been experiencing, with the hope that we can work together more effectively.

I am 14 years old; I am constantly coping with rapid changes in my body. Can you recall when you were a teenager? Did you not test the limits, push the boundaries, challenge authority, talk back to your parents, be impulsive, and react impulsively?

All these hormonal changes, combined with your increasing expectations, responsibilities and decisions, often lead to confusion and changes in my behaviour.

I love you to the moon and back. Please consider what I shared today in light of the struggles I am currently experiencing. Mom, let's plan our next walk, and I want to hear your thoughts. There is a lot of knowledge I have gained, and I will also share more details during our next talk