

DR. JEKYLL & MR. HYDE

Your Developing Emotions



If you're a typical teenager, you've probably been wondering what happened to those fun-loving, wonderfully smart parents you used to have. Instead, they've been replaced by a couple of unreasonable, old-fashioned, never-smiling old goats who seem bent on making sure your life is miserable. The truth of the matter is that your parents are wondering what happened to that lovely, obedient, affectionate, innocent child they had just a short while ago.

Here then is the classic dilemma - what happens to you and your parents as you struggle to grow emotionally. We'll get back to your parents later, but first, let's look at what is happening to you.

There is no doubt that there is a dramatic change in your emotions as you grow older. In your life as you experience more things, there are more things to think about, and therefore more things to feel about. As a baby, you only knew a couple of basic feelings: "I'm hungry, I'm thirsty, I'm cold, I'm hot, I'm hurting, I'm lonely." These feelings gave you two distinct emotions: "I'm comfortable or I'm uncomfortable."

As you got older and developed a greater understanding of situations in your life, you could add a few more defined feelings - "I'm jealous", "I'm mad", "I'm hurt", "I'm excited", "I'm scared." Then you had a much greater spectrum of emotions ranging between "I'm happy" and "I'm sad".