

# HOW TO BE A PERFECT TEENAGER

The teenage...

Considered as the best years of our lives, full of anxiety, acnes, social pressure, family fights, first crushes, heartbreaks, changes and the difficulty in accepting our bodies, seeing the mirror as our worst enemy and friends as the only ones who could understand you, the life of a teenager seems a real nightmare!

But don't worry my friend, I'm here for you. Don't be afraid of who you are, you could ever change. For this, I decided to write a guide with three simple points to follow. If you will do what I say you will live the best teenage you can imagine, and, trust me, you won't regret it.

So, at the first place, I would give you some information and instructions about this mental path:

- the first one is that you will read the stories of three teenagers with a perfect life, who will be your role model.
- secondly, you must have an open mind, disposed to the change
- thirdly, you must leave your past and your bad attitudes
- at last, you must read carefully all the words of this text

Good luck my friend...

## 1) SPEAK

The world around me it's just an enormous crowd. Everywhere you will hear people talking, talking of nothing. On the top we have gossip, like the breakup of Jordan Baker and his popular girlfriend or even the broken nail of Brenda Books, what a tragedy...

In short, there are people talking, like Jordan, and people listening, and I'm one of them. In fact, I usually spend my breaks trying to understand why people just talk, even if my parents would like I will be like them. "Poor Sam" they say, "why is he always alone?", "will he have some friends?" like if it's the biggest problem of the world. In reality, I feel better in my solitude. No one can hurt you. No one can deceive you.

I remember very well the afternoons spent playing on the PlayStation with Jody, I still even hear our laughs in my head. We were a duo. Us against the world. Nevertheless, everything changed. One day, Jody decided that I wasn't enough for him, too shy and reflective, a real burden for his popularity ambitions, so he left me alone in this world and he reached the "talking people".

Yes, because the truth is that if you want to be accepted in this society you have just to SPEAK.

## 2) WALK

“Beautiful and popular, he surely has a perfect life!”. As always this is the image of Jordan Baker, but they don't even know who he really is.

Today is a bad day, as always, and not because Jenna cheated on me with a college student, but just because I have to come back home.

On the blue sofa there is my sister with her friend Amanda, I suppose, they are just laughing and chatting. They seem so happy, like everything couldn't touch them, and I'm so grateful to see her smiling again. After our parents divorced, life became so complicated, with my mother, who is always out for work, and my dad, who re-created a family in Florida, I had to care about everything.

Strangely, yesterday, my mother returned for dinner but, as always, she had to complain about me. For her, I'm the biggest delusion of her life, since I got four at English because my sister was ill the day before the exam, and nobody was there for her. Anyway, this is not enough for her, I must be perfect, to fill our family problems.

My only salvation is my sister. She is the only reason I'm continuing to WALK.

## 3) BREATHE

And so, here I am, in front of a big plate of good things, with my family around me, who are chatting cheerfully. Everything is perfect if it weren't for the fact that I'm not able to eat anything. My mind it's too busy thinking about the calories and the image of a fat me is vivid in my head. My heart skips a beat, and the panic lies in me. However, my control was able to calm the situation.

The rest of the dinner was quite soft, my parents asked me about my afternoon with Lia and they continued to say “Amanda, you are the daughter everyone wants”, “you are the perfect student!” “Your grades are so high!” “We are so proud of you!”

They don't even know how much I'm imperfect. I'm here in my bed, trying to control the hunger, tracking the calories I assumed, as if I had ingested something. You could think it's a stupid way to see myself better but I'm just searching to be perfect. Perfect for them.

So, I'm still here, the pressure invades my body, and the panic arrives. Everything is confused, my mind obfuscated. I'm feeling like I'm dying: my heart accelerates his rhythm, the tears start flowing and my breath is blocked. I can't, I can't. I can't bear this. But for them I don't have to feel good, I just have to BREATHE.

So, here we are my friend. Our path is almost over; however, I still have something to tell you.

Personally, I think you have understood that everyone has problems, even if apparently their lives seem perfect. In fact, my dear, no one could be perfect, and if it's your goal, you should change your aim.

The teenage years could be very difficult, full of problems and invaded by the sense of inadequacy, but who decided you are wrong?

The reality is that everyone is perfect with their imperfections and even if society tries to drag you down, you have to ignore them and continue to speak with your friends and yourself, walk to embrace your imperfections and breathe to accept what you are. My friend, you don't need to change, you need to love yourself, because it doesn't exist a perfect teenager.

Goodbye friend.