

Problem scenario – girls

Talking About Feelings

Josie is getting really stressed and fed up. She doesn't know how to handle the situation she's in. Her mum had been in a very abusive relationship when she was little but has finally found a really nice man who has made her feel safe and happy. They have moved in together and he is doing all the good stuff that her dad never did. The only problem is that he's brought his two children with him. At first Josie was pleased about the thought of having a brother and sister but now they've all been living in the same house together she's definitely changed her mind. She is so fed up as they keep taking her things and barging into her room and disturbing her when she's trying to work. They also make nasty comments about her mum – calling her the old slapper and saying that she's not good enough for their dad. Josie feels really hurt and angry but she doesn't know who to talk to. She feels that she can't say anything to her mum as she doesn't want to ruin things for her.

Questions

- ▶ Why is Josie so stressed and fed up?
- ▶ Do you think she feels happy for her mum?
- ▶ How do you think she feels about her own dad?
- ▶ Why is she fed up with her new siblings?
- ▶ What do you think of their behaviour?
- ▶ How would you feel in Josie's shoes?
- ▶ What do you think Josie needs to do?
- ▶ What would achieve the best possible outcome for Josie and her new family?



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