

# MARIAN TEENS TEEN PUZZLED

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## 1. Please help me to be more independent!



Hello Fr. Bernard,  
I love the Marian teens part of Trai Tim Duc Me, and I love your answers. It's like words from God himself! I'm really thankful there are people like you who care

about teens. I'm sure it helps lots of us to find ways out and not turn to a wrong corner. My name is A. I had many questions in life, but I didn't want to bombard you with millions of them in the first time.

Father, I used to be a vigorous girl, an A who do whatever I want, but now, my migration to America had shut me from being myself. I rarely talked, didn't stand up for what I believe. I don't want people to know that I have good grades. I didn't want to be paranoid and a know-it-all. Shutting up in myself made me feel safe, but not comfortable. I feel as though I'm a different A, and I have no one to turn to. Would you help me be more independent and not do what people think I should do but what I want to do, to say no and to stand up to myself? Please help me. Thank you and God bless.

**A.**

Hello A,

Thank you for being a good fan of Marian Teens. God created everyone of us with a different personality. Some people

are out going, like to express themselves. Some people like to be quiet, keeping things to themselves. None of the two is better than the other. It is just different personality. You are happy when you do and say things that express your personality. The important thing is you don't impose your personality on others nor let others impose their personality on you.

It seems to me that you are the out going type. You have a need to express yourself. For some reason you are afraid to do just that. Whatever the reason is, it might just be in your mind. You think that if you do this or say this people will think that you are paranoid or arrogant. In fact that might not be the reality. The important thing is always do and say things according to the truth and common sense. If you have a good grade and someone ask you, then you can tell that person. Having a good grade is not a crime or a sin. Why do you have to hide it? But you don't flash your grade around to show up. If people say things that are reasonable to you then listen to them. If you feel that what people say is unreasonable or wrong then you can explain to them why you think it is unreasonable or wrong. If people don't want to hear you then just ignore what they say.

Just make sure that what you say and do is right, then go ahead and do it no matter what people say. Learn from your mistake. Whenever you have reflected on something that you should or should not have done, then next time try to correct that. You are in the struggle of adolescence. Be patient with yourself. Try

to be reflective on what you have done and plan for doing better in the future. May God give you guidance.

## 2. What can I do to get any respect at home?



Dear Fr. Bernard,

*It feels very nice to write to you, and I appreciate how much you care for us kids. This is my first time writing to you. I have yearned writing to you for a very long time. I always read your column and enjoy reading it too. My problem is about my family. I am the first child of 5 children and I have a lot of responsibility. My family doesn't help me with anything. I have too much pressure from school works, home chores, and helping my brothers and sisters. My parents always give me multiple tasks. When I asked them about how to do the tasks or to repeat what they wanted, my parents pretended that they couldn't hear me. I asked them 3 or 4 times but they never answered me.*

*I don't mind doing the chores because I know my parents work hard to keep a family of 7 in a good house and with food. But I don't get appreciated for anything I do, not even a thank you. When I did something wrong or when I forgot to do a part of a task, I get yelled at. I have a 3.8 average at school. I am now starting high school and I don't want to go home from school to be yelled at, or to be ignored by my 4 siblings and my parents while acting like their servant every single day. What can I do to get any respect at home? In Christ,*

V.

Dear V,

I am sorry that you are having such a difficult time in life. It is tough to be at your age and to take on the responsibility of the eldest of five children in the family. It seems to me

that your parents are abusing you with all the chores and the yelling. You have a few options that you might want to consider:

You might want to talk to your parish priest or a school counselor and ask them to help you to talk to your parents. You might want to find ways to make your brothers and sisters to share the chores, at least in whatever they can and is their responsibility. It seems that there is not much communication in your family, between you and your parents, and among your brothers and sisters. You might want to ask your parents about their works and whatever they like to talk about. Talk to your siblings about schools and what they like to talk about. Spend time with them and know their interest and use it to get them to share the chores with you.

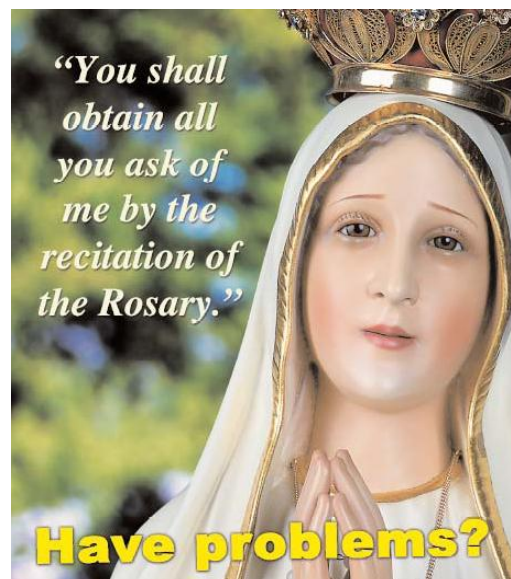
Whenever you are overwhelmed with the chores at home, just tell your mom or dad that you have done such and such things; you are tired and need a rest. Tell them clearly that you are not going to do the chore or postpone it until afternoon, or tomorrow... If they yell at you then tell them respectfully that you are tired and need rest, then go to your room or somewhere else. May God give you guidance and courage to get over the difficult time.

## 3. I'm a procrastinator. Is there a way to help me?

Dear Father Bernard,

*I want to say one thing to you first HELLO! My name is LP of the west and I enjoy reading your advices to others. How I found out about you was from my*

*mom and dad. I think it's very helpful. Oh,*



*this is my first time I've ever sent anything to you. Well, my problem is that I'm a procrastinator. I have a really bad habit of it ever since I started high school. Is there a way to help me? Like I would get bored with my homework and do other things like playing video games or doodling on paper or my homework... I just can't help it. I enjoy other things instead. Is there a way to help me? And God bless!*

### LP of the west

Dear LP of the West,

Thank you for being supportive of Marian Teens. It is a good thing that you recognize your problem and are willing to work on your problem. That is a good start.



Many of our habits, good or bad, started by how we were conditioned at the early age.

Your procrastination could have something to do with how you were raised, lacking of discipline... Now you are at the

age when you are able to think and see that procrastination is a problem. It can be destructive to your future and your relationship with others. So self-discipline is the key to overcome your procrastination.

Try to set a goal for yourself everyday. That goal does not have to be big like... saving the world; but it should be small at first so you can accomplish it without much difficulty. For example, set a goal of doing homework, or study, or reading for an hour before playing video game or watch TV. Also set a goal of playing or watching TV for one hour only, then do something useful for yourself and others like cleaning

up your room, your house, help your younger brother, sister to do homework. Find yourself a good hobby like sport, music... and set a certain amount of time for it everyday. Set a limit to how many times you are going to hang out with your friends after school and for how long. When you get an assignment like a paper, set a goal to work on it for at least an hour everyday. You might want to start with an outline of what you want to write in the paper. Do research, reading based on your outline. Mark the quotes you want to use. Start writing your paper based on the outline.

Always take time to look back on what you have done during a day. You will find it very satisfying after doing good things for yourself and for others. Good luck and may God strengthen your will power to do good.