



Jessie's Big Emotions.

A story to explain therapy to teens aged 13 – 16 years.

In the bustling city of Villatown, there was a teenager named Jessie, who was known for her sharp mind and keen interest in technology. Jessie, a 15-year-old high school student, was passionate about robotics and loved spending time coding and building gadgets. Despite her talents, Jessie often felt overwhelmed by a whirlwind of emotions and challenges. She was grappling with the pressures of school, social anxiety, and the recent divorce of her parents. These issues sometimes made her feel isolated and confused. She felt like she no one really understood her and that she didn't really fit in with her parents. Jessie had a hard time explaining her thoughts and expressing her feelings to others.

Jessie's parents, noticing her struggles, decided to introduce her to a new kind of support. One afternoon, they sat down with her and said, "We think it might be helpful for you to talk to someone who can guide you through these tough times. Someone called a psychologist."

"A psychologist?", Jessie rolled her eyes. "What's that?"

"A psychologist is someone with training in understanding and helping people manage their thoughts and emotions," her mum explained. "They're trained to listen and provide strategies to cope with what you're going through. They don't tell you what to do, but are there to help you make sense of your thoughts and feelings and understand what's going on".

The next day, Jessie and her parents visited a modern office inside a building with a sign that read "Self Psychology." The office was welcoming, with comfortable seating, calming colours, low lighting and shelves filled with books and other objects.

"Hi, Jessie! I'm Melissa," the psychologist greeted them warmly. "This space is for you to explore your thoughts and feelings in a safe and confidential environment."

"Confidential? What does that mean?" Jessie asked.

"Confidentiality means that our conversations are private," Melissa explained. "I'm here to listen and support you, and I won't share what you tell me with anyone else, except in rare situations where your safety might be at risk. Think of it as a trusted space where you can be open and honest."

In the sessions with Melissa, Jessie began to unpack her feelings. She

talked about the stress of school, her worries about the future, and how the divorce of her parents affected her. She also shared her difficulties in social situations, feeling like she was on a stage being judged by others.

Melissa listened attentively, offering insights and techniques to help Jessie navigate her emotions. They discussed practical strategies like mindfulness, journaling, and ways to challenge negative thoughts. Jessie learned that it was normal to feel a range of emotions and that seeking help was a sign of strength, not weakness.

Over time, Jessie noticed changes in herself. She felt more equipped to handle her emotions and more confident in social situations. She realised that talking about her feelings was not only helpful but necessary for her wellbeing.

“Thank you, Melissa,” Jessie said one day, a sense of relief in her voice. “I feel like I’ve gained tools to manage my emotions better and to face my challenges more confidently.”

Jessie’s parents observed the positive changes in her and were so proud of how much Jessie had grown and matured.

Melissa smiled, “You’ve made great progress, Jessie. Remember, taking care of your mental health is just as important as your physical health. Your mind is powerful, and nurturing it is key to your growth and happiness.”

Jessie’s experience with Melissa was a journey of self-discovery and learning. She understood the importance of expressing her emotions and seeking help when needed. She learned that everyone faces challenges, and it’s okay to ask for help to overcome them. With this newfound understanding, Jess continued to pursue her passions and face life’s hurdles with resilience and confidence.