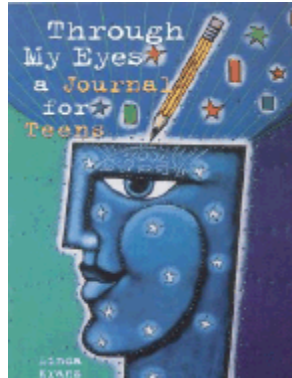


Through My Eyes:

A Journal for Teens

By Linda Kranz

ISBN: 0873587154



As children move into adolescence they are faced with a vast array of changes and challenges that give rise to new thoughts, feelings, and concerns about themselves and the world around them. Through My Eyes offers teens a place to express themselves---and inspiration to begin.

THE FOLLOWING ARE EXAMPLES OF THOUGHT-STARTERS FROM THROUGH MY EYES.

What are the things that matter most to you in your life right now?

When you look at yourself in the mirror, what good things do you see?

Things you wish your parents knew about you.

Everyone has a special talent, something they do easily or well. What do you do well? Write about how you are developing your talent.

On this page, write compliments that you have received, who said them, and how you felt when you heard them.

What is the hardest thing about growing up? What is the best thing? Write about what you have learned over the last year. How have you changed or grown as a person?

It is often said that the telephone is a teenager's best friend. How do you feel about this statement?

“Some of the things that I wish for lately more than anything are...”

Do you usually say what you really feel, or what you believe people want to hear? Why?

What are you looking forward to tomorrow, this week, this month, and this year?

Write about some teachers that, have made a difference for you and why.

How would you describe yourself---appearance and personality---to someone who didn't know you?

What type of music do you like? Name some of your favorite songs and musicians. Write down some of your favorite lyrics. How does listening to your favorite music make you feel?

Make a list of things you want to accomplish during your lifetime. Keep adding to his list.

If you could look ahead five years, what do you think you would see? How do you think your life would be different?

How do you convince your parents to let you try something that you have never done before? Describe a few occasions when you were allowed to do something for the first time. What were they and how did you feel?