

## **You Are Enough!**

On the outside, Emily is a regular teenager who comes from a supportive family. But that's only her outside life. If you were to really look into Emily's mind you would see that she struggled with what other think of her. Emily craved attention. Her family is comfortable but not rich, which made her, in her mind, think she was always second best. Others always seemed to live better lives; they were worthy. From the way she perceived things, she thought that one's worth depended on outside beauty and the things they had. She was discontented with herself.

Emily struggled with the fact that she was not on par with the ideals she worshipped. Little did she know there was a culprit right in front of her. It was social media that made her feel this way! She love to post so that others around her could catch her every move every day. While on social media, she saw that other people were bragging about better things than she was. She compared herself to these other people and when she did she never felt good enough.

This was the start of the slippery slope. She lost focus on everything she was supposed to be and frankly who she really was. Emily had the potential to be a great sister, daughter and student to, but because things that she used to be interested in were suddenly not that interesting and everything came second to what was popular, she slacked off in every area of her school and family life.

Once she noticed this behavior, Emily's mom decided to check in.

"You haven't been yourself lately. Are you feel alright?" she asked.

"Yeah, mom, I'm fine," Emily replied, her eyes glued to her iPhone.

"Excuse me Emily...Em...give it!" Emily's mom ripped the phone right from her grip.

"Mom, give me my phone back! What is wrong with you," Emily growled.

"I am your mother and I have the right to a conversation with you. Now, what is going on?"

Emily caved and told her mom about how she didn't feel she was good enough. Her mom's blue eyes welled up in tears. Emily's filled up with tears as well. A million pounds was lifted off of Emily's heart once she told her mom everything. It was hard at first to admit that she felt that she was worthless and it was even harder to admit that she was somewhat jealous of other people that got more attention to her. They both decided that Emily needed to step away from social media.

Today, Emily stands in front of girls and boys her age every year at annual youth seminars. She explains her story about discovering her worth and stepping away from social media and how she looked inside herself to discover her wellness and worth. She even gives the most important of her mother's advice, "You are enough! Everyone is enough!"

*---Ella Webb*