

## CRUSH

This is a normal experience in adolescent stage where by teenagers become attracted to the opposite sex. It is a very uncomfortable stage for the person who has it because the other party does not know about the feelings.

### **Dennis 16, S.3**

Dora is in the same classroom with me. She sits in front of me. I think about her all the time, when she is in class, all I do is to talk to her and stare at her even though the teacher is teaching. When she does not study I dodge classes too. The thought of seeing her excites me, my legs start shaking and my heart beats very fast. I think she loves me. Are we in love?

A crush is a very dangerous and destructive to both parties especially the person with it.

### **This is because:**

- The person you are having a crush on does not know about it
- You waste a lot of time thinking about them and they don't know
- Jealousy and hatred may come up among classmates or peers
- Leads to shame when the person finds out
- Rejection especially if the person tells other students about a classmate or peer who is 'GLUEWING' on them causing shame and ejection
- Could bring about sexual problems e.g. sexual fantasies, masturbation etc.
- Many girls have developed hysteria (condition whereby they get sick for taking long to see that person).

### How to deal with it:

- Realize that they are destructive feelings and need to stop.
- You do not have to tell the person you are having a crush on
- Make yourself busy and focused on other things e.g. sports, reading educative material
- Have self-control, it's a fruit of the Spirit
- Change your attitude, look at her as a sister or brother
- Pray for God's intervention

It's a normal thing but it should not control you, you are to control it. With God nothing is impossible, trust in Him, believe in yourself, you are getting out of it. God wants you to be pure of sin, don't entertain it.

**Prayer:** Dear Lord, I have been having a crush on some one. Forgive me for the thoughts and actions I have done. Come and take full control of my life, thoughts and actions from today onwards. Amen