

# Agony page

DEAR DR. M:

I HAVE THIS PROBLEM: I'M MOVING INTO A NEW RICH NEIGHBOURHOOD, FAR AWAY FROM MY HOMETOWN, BECAUSE MY MOM HAS REMARRIED. I DON'T LIKE THE IDEA AT ALL BECAUSE I'LL HAVE TO LEAVE MY FRIENDS AND I'M GOING TO MISS THEM VERY MUCH. BESIDES THIS, I'M VERY INTROVERT AND IT'S VERY HARD FOR ME TO MAKE NEW FRIENDS. HOW WILL I BE ABLE TO MAKE NEW FRIENDS IN A WEALTHY AND STRANGE PLACE? MAYBE MY NEW CLASSMATES AT SCHOOL WON'T ACCEPT ME BECAUSE I'M NOT LIKE THEM. I'M VERY NERVOUS ABOUT THIS SITUATION BECAUSE IT IS GOING TO HAPPEN IN THE MIDDLE OF THE YEAR. PLEASE HELP ME!

Kim, 13

Dear Kim,

Here you are some ideas to help you with the changes in your new life, school and neighbourhood:

1. Try to look for nice people. Even in those wealthy places I'm sure you'll find kind, interesting and fun people. It doesn't matter how rich they are.
2. Your mom should arrange an appointment with your new teacher before you start attending your new school and you have to be prepared to talk about your hopes, fears, expectations, etc. That will be distressing!!
3. Don't be so sad because you're leaving your old friends. Talk with them about new possible forms to be in touch. Use technology and propose something like Skype, FaceTime or Google Hang-outs.
4. Even you consider yourself as an introvert, you have good friends now, so it means that you have the potential to make new ones. Be sure that you'll find nice people there. Just be patient. This won't happen in a week or two.

Dr. M.