

To the Ones Growing Up

A Free Letter & Workbook for Teens Fighting Silent Battles

You are not broken. You're becoming.

Chapter 1 — A Letter to You

This one's for you — the teen reading this, maybe late at night, maybe scrolling between homework and music, maybe staring at the ceiling because sleep won't come. I don't know your exact story, but I know this: **you are not alone.**

Life hits different when you're growing up. Parents might feel like they don't listen. Friends can disappear when you need them most. Someone you cared about might have broken your heart in a way that makes everything else feel pointless for a while. And on top of it, school, expectations, and pressure to be "good enough" can stack up until it's hard to breathe.

Let me tell you straight: you are not broken. What you're feeling is real. And you won't always feel this heavy. You don't have to have everything figured out right now. This season is shaping you — not defining you forever.

Even on a rough day, you still have power. You can choose one tiny step. You can choose one honest sentence in your journal. You can choose one breath, one song, one text to someone who treats you right. Small steps can save big days.

Real talk: your feelings are valid. And still — they are not the end of your story.

Chapter 2 — Truths You Need to Hear (with receipts)

Not every heartbreak is forever. It hurts because you care — that's proof your heart works. Hearts don't stay broken; they grow back differently. Let this teach you what kind of love you deserve.

Parents don't always have the right words. Some are strict because they're scared. Some don't know how to listen. You can still learn to speak your truth clearly and ask for what you need — and you can find safe adults who do listen.

Your emotions are real, but they don't define your worth. Feeling low doesn't make you less. Feeling angry doesn't make you “bad.” Emotions are signals, not verdicts. You're allowed to feel them and still choose your next move.

Friends change. Some drift. Some surprise you. It's not always personal; it's growth. Keep the ones who respect your boundaries, celebrate your wins, and tell you the truth gently.

You're stronger than you think. Look at your hardest day so far — you're here. That means you already have proof you can get through more than you imagined.

Chapter 3 — Reflection Journal

Write honestly. No grades. No judgment. Just you telling the truth to you.

• What’s one thing I wish I could say out loud but can’t (yet)? Why?

• When do I feel most safe or most like myself? What helps create that feeling?

• What’s one dream I refuse to let go of? What’s a tiny step toward it this month?

• Who makes me feel seen and respected? What do they do differently?

• What's one small thing that helps when I feel heavy (music, movement, writing, shower, fresh air)?

Chapter 4 — Coping & Reset Tools

When it feels like too much, try one of these. Do one, not all. Keep it simple.

4■7■8 Breath — Inhale 4, hold 7, exhale 8. Repeat 4 times. (Steadies your system.)

Grounding 5■4■3■2■1 — 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste. (Brings you back to now.)

One■Page Brain Dump — Write everything crowding your head for one page. Don't judge it. (Gets the swirl out.)

Move — Stretch, walk, dance, push■ups. (Shifts your chemistry fast.)

Music Reset — Two songs: one that matches your mood, one that lifts it. (Name the feeling, then shift it.)

Build Your Personal Reset (check 3 to try this week):

- 4■7■8 breath after waking
- Grounding list at lunch
- One■page brain dump before bed
- 5■minute stretch or walk
- Two■song music reset
- Cold water on wrists / face
- Text someone safe: "Got a minute?"

My Reset Plan (write it out):

Chapter 5 — Affirmations

I am allowed to feel.

I am stronger than my worst day.

I will outgrow this pain.

My story is still being written.

I am worthy of love and respect.

Write 3 that feel true for you:

Chapter 6 — Doodle & Expression

Draw. Scribble. Design a lyric page. Sketch your future room. Make this yours.

Doodle / Draw here

Design a lyric page (write or draw your favorite line)

Sketch your dream — a place, a project, a version of you

Chapter 7 — Closing Note

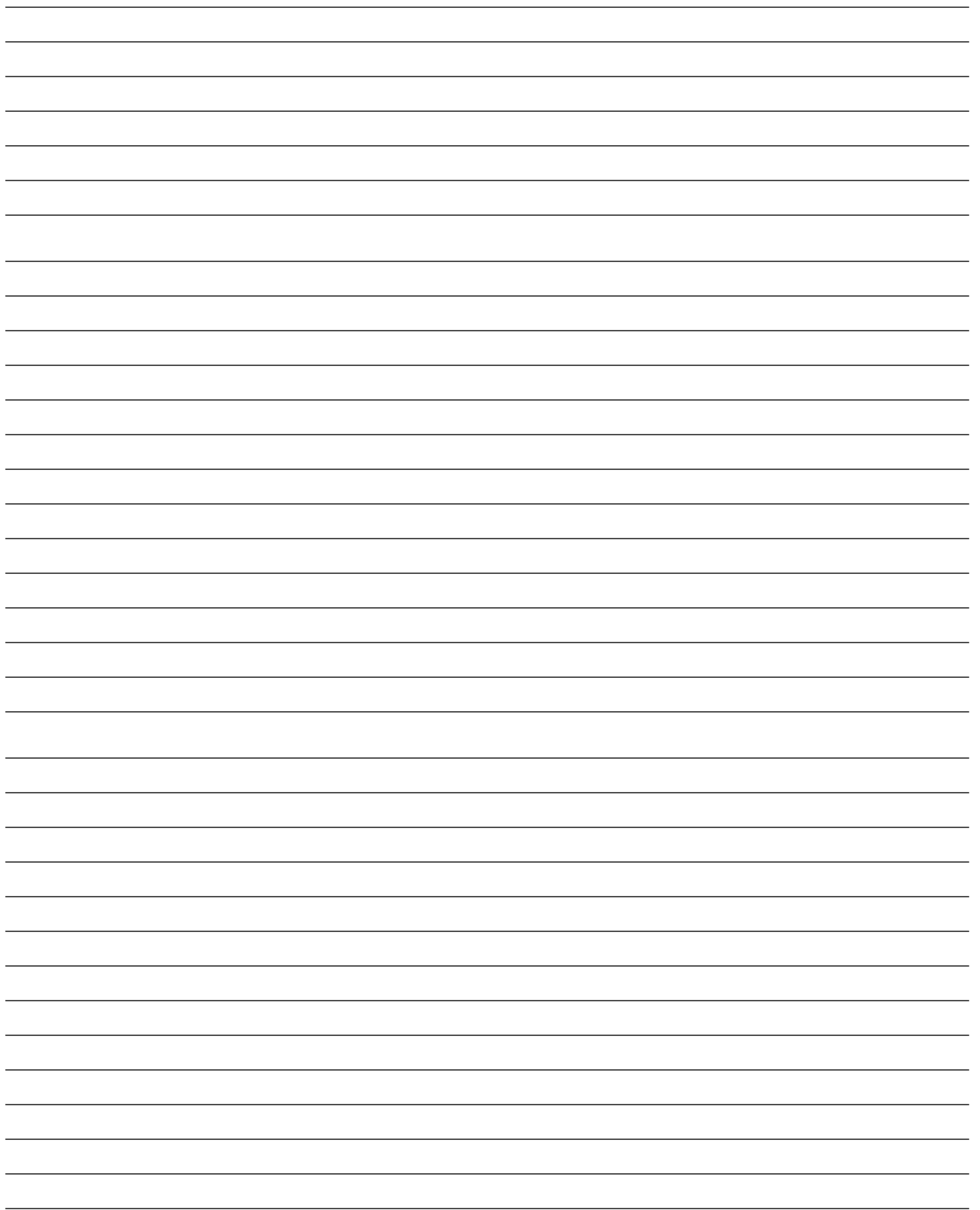
If nobody told you today: you matter. Your life has value. Your voice matters.

You are not invisible. Even if it feels like the world doesn't get you right now, someone is rooting for you. Someone is thinking of you. One day, you'll look back and realize how much strength it took to keep going — and how every small step added up.

Keep going. You're becoming someone you can trust.

— DonDada The Resetter

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Gentle Reminder

If you ever feel unsafe or overwhelmed, talk to a trusted adult or local support line. Needing help doesn't make you weak — it makes you wise.