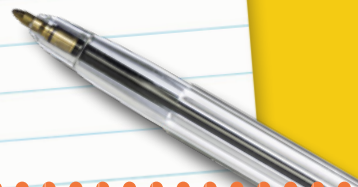


Sometimes I feel scared or embarrassed when I need to talk to my parents about something important. I feel like I don't know what to say. What should I do?

—Bottled-up in Baltimore



## Dear Bottled-up,

You're not the only one who feels this way. With some practice, you can feel more comfortable talking about what's on your mind.

Sometimes the hardest part is starting the conversation. Try starting out by saying what you feel.

For example, you could say, "I want to talk to you about something, but I feel kind of embarrassed about it." You can use some of these tips to help you.

You can do it!

The *Friend*

**Practice what you want to say ahead of time, or write it down.**

**Ask Heavenly Father to help you know what to say. You can also pray to feel calm and have courage.**

**Find a good time. You can say, "When is a good time for us to talk?"**

**Choose a place where both of you won't be distracted so you can listen better.**

**Talk in a calm, respectful voice. Try not to argue.**

