



Transcript

Charlotte's Mum - Lesson 8, Audio 1



Play 'Charlotte's Mum - Lesson 8, Audio 1' **or** read this transcript during 'Worry Trees' lesson introduction.

Charlotte's Mum

Have you seen it too? I can't not notice it! Charlotte just seems so (pause) I don't know how to put it (pause to think) different lately (sigh). It's like her worries consume her, they're all she thinks about...I feel like they are starting to take over her life. I just wish she would tell me how she feels, what it is she is worried about and why she is worried about it? I think that she maybe feels there is nobody there for her, but there is. There are so many people who she can talk to and who she can trust - I just don't think she realises it. I wish there was a way she could tell me or someone who she is close to how she feels, somewhere she could write her worries down, talk about them and overcome them. I just wish she would realise that a problem shared, is a problem halved - but it's only going to get easier for her, if she tells someone how she feels.