



# Transcript

## Emily - Lesson 3, Audio 1



Play 'Emily - Lesson 3, Audio 1' **or** read this transcript during  
'Don't Bottle Up' lesson introduction.

### Emily

Hi, my name is Emily. Well, ughh, recently I've been really angry. I'm unable to control my emotions, everything is annoying me, and everyone is making me go mad. I just don't think anyone understands what I'm going through. I've so much going on at home, everyone is fighting...oh my head is going to explode. I feel like I'm going to burst I've all these different feelings...first I'm mad, then I'm angry and then I feel like I'm about to cry and I don't know how to control it. I've started acting out towards my friends in school, it's just I don't feel like I have anyone to talk to...I don't think they would understand my problems.

Someone told me that if we don't talk about our feelings and just keep them to ourselves that one day we will explode kind of like a volcano. All this pressure builds up inside a volcano and then one day, phoew! It bursts. Erupts. Causing damage everywhere it reaches. (pauses) Well, that's what I think I'm doing at the minute; I'm keeping all these emotions that I'm feeling deep down inside me and then it gets too much for me to handle and I lash out at anyone near me. Gosh my friends and family must think I'm terrible. I feel bad for Mikey...I've been so evil to him recently. Other people are starting to notice. I even heard someone call me 'Evil Emily' the other day. I just wish I could understand my emotions better.