

This is “Peer Counseling Pause” with Reova Meredith

The Monster

In the children’s book, *There’s a Nightmare in My Closet*, a young boy is frightened by a monster that sneaks out of his closet at night. One night the boy confronts the monster and scares it. Symbolically, the boy overcomes his fear, when he sees he has power over the monster.

So what if, as a child, you lived with such a monster, alcoholism of a parent, anger, incest, rigid religious standards, physical abuse or abandonment. You couldn’t talk about it. The monster constantly whispers, “You can’t” “You won’t” “You wouldn’t dare!

Dysfunctional families often have rules:

Don’t ask

Don’t tell

Don’t feel

So you grew into adulthood with fear and anxiety you felt but could not name as a child.