



This poem reflects the thoughts, words, and stories of kids we see at Adventure Works EVERY DAY.

Children who are capable of success—no exceptions. This is why... Adventure. Works.

She Believed I Was Worthy

School is hard, life is tough;

Sometimes I don't feel like I'm enough.

They say, "Pay attention! Stay in your chair!"

They tell me, "Calm down!" but inside I'm gasping for air.

In school I fidget and tear my papers apart,

And I know that means I'll move down on the chart.

Red means I'm BAD, and green means I'm GOOD.

Can I ever act like they say I should?

My brain says yes, but my body says no;

My life is spinning. Which way do I go?

In my mind, I cry...

Believe in me, I am worthy;

Believe in me, I am whole;

Believe in me, I'm trying;

Believe in me, I've got goals.

Today there is chaos, people seem mad;

Today I feel shame--am I really bad?

I knocked down the chairs, I threw my phone,

I hit my classmate because I wanted to be alone.

I keep telling my body, *calm down it's OK*

but my body doesn't listen and things don't go my way.

I wish that you knew how hard I try to be good,

I wish I could behave like I know I should.

Inside I'm screaming...

Believe in me, I am worthy;

Believe in me, I am whole;

Believe in me, I'm trying;

Believe in me, I've got goals.

My parents sent me to counseling to learn a better way,
but the office felt small and I didn't know what I should say.

A few months went by and we tried something new;

I went to a place where I could use my body, too.

We went outside today and the air felt SO good!

We played a game of tag and when I got mad, she understood.

We talked as we hiked and I really felt free!

The woods let me be...me!

We came to a bridge and I was so scared I couldn't see.

She said, "It's OK; come try it with me."

She put out her hand and said, "Let's just try."

I didn't want to be scared, I didn't want to cry.

I tried, but I fell, then I ran and I screamed.

She said, "Talk to me; it's not as bad as it seems."

She breathed with me, told me to notice how I feel inside,

I felt my body change, and in my mind, I replied-

Does she know that I am worthy?

Does she believe that I am whole?

Can I keep trying?

Can I meet my goals?

Six months later, life can still be tough,

But I spend less time wondering if I am enough.

I notice my body and I can say how I feel.

I breathe in. I breathe out. Is this for real?

My grades are improving, my chart is more green;

I tell my brain now, *it's not as bad as it seems.*

I talk to my mom and I play in the yard,

I know I can do it, even when it seems hard.

In my heart, I know...

She believed I was worthy;

Now I know I am whole.

She told me, keep trying,

And, I'll meet all my goals.

By: Kim Hinzy, MSW

2018