

# WORRIED

Season 1, episode 29

There is a girl named Paloma. Paloma is a pretty and polite girl. When people see Paloma, they think that she is a perfect child. But Paloma has a secret. Paloma is not perfect. Paloma has a problem.

Paloma is always worried. She worries about everything. She worries about her school work. She worries about being sick. She worries about getting up on time. She worries about being alone. She worries about her clothes. She worries about the weather. Paloma worries about everything.

Paloma spends all day worried. She is never okay with her life. When she is in the car, she worries she will have an accident and so she puts on her seatbelt and checks the door multiple times. When she is in the supermarket, she worries about getting lost and so she is always very close to her mom. When she is in school, she worries about being wrong on her work so she is always asking her teacher questions.

At first, the worrying isn't terrible. Paloma breathes and focuses and moves forward. But with time, the worrying is more and more obsessive. Paloma decides to talk with her mom.

"Mom, I have a problem."

"Yes, dear? What is your problem?" Her mom asks her with compassion.

"Mom, I am not okay. I am always worried. I don't want to do anything because I am always worried. I don't want to talk with people because I am worried. I don't want to go to the store because I am worried. I don't want to do my school work because I am worried it will be incorrect, but I am also worried to not do my work because I want to be a perfect student," Paloma admits.

"Dear, these worries are normal," her mom responds. "Don't worry."

"Mom, when you say 'don't worry,' I worry more!"

"Honey, there is nothing to worry about."

"But mom, when I brush my teeth, I worry about cavities. When I swim, I worry about fish. When I visit the doctor, I worry about dying. When I travel in a car, I worry about accidents. I am so worried that don't think about anything else. I am always worried and I can't take it anymore!" Paloma cried.

Paloma's mother listens attentively. She notes that her daughter is very upset. Paloma's mom wants to help, but she is not a professional in this area. She doesn't know how to help Paloma, so she makes an appointment with a therapist.

The therapist is called Filomena. Filomena is very patient and understanding. She listens to children all day because she is a child therapist. Filomena is an expert in child psychology and she wants to help Paloma.

Paloma is worried about her appointment with the therapist. She is worried because she doesn't know Filomena. Paloma imagines a strict woman in an ugly white office. She is worried because maybe she has a horrible mental problem and there is no cure. She doesn't want to go to a mental hospital!

When Paloma enters Filomena's office, she is more calm. First, Filomena has a pretty smile and she doesn't seem strict. Second, Filomena's office has toys and crayons. It is a comfortable space and not intimidating and ugly.

Paloma sits with her mom on a couch. Filomena sits on a chair near the couch. Filomena asks questions and Paloma responds to the questions. Paloma likes Filomena's tone of voice. Paloma feels good and talks about her problems. Filomena listens. She doesn't interrupt she doesn't give instructions to Paloma. She just listens. Paloma talks and feels good. She doesn't feel worried.

In the next appointment with Filomena, Paloma draws. She draws some of her worries and talks about her drawings with Filomena. Paloma feels good with Filomena. She feels that she can talk about her worries and when she talks about her worries, they don't seem so big.

Paloma has two appointments each month with her therapist. She likes to visit her therapist. In the appointments, sometimes they color. Sometimes they paint. They play with puppets or dolls. Paloma talks. Filomena listens and asks questions. Filomena is always patient and attentive. Filomena never says that it is silly to worry. Filomena doesn't believe that Paloma is silly for her worries.

After visiting with her therapist, Paloma feels happy. She is still worried, but her worries don't control her life. Paloma has more confidence. When she brushes her teeth, she doesn't think about cavities. When she is in the car, she looks at the trees and she doesn't think about accidents. When she visits the doctor, she doesn't think about dying.

At school, Paloma talks with other kids. She is still a little worried, but she doesn't allow her worry to control her. She thinks about her sessions with the therapist and she is confident.

Paloma's mom notices a difference in her daughter. She notices that her daughter is more happy. She notices that her daughter smiles more. Paloma's mom also learns from Filomena. She learns to be patient with Paloma and she learns that the phrase "don't worry" is not a good phrase to use with Paloma because when she hears "don't worry", she only worries more.

Paloma is not perfect. In the past she worried about being perfect, but now she is happier and she has more confidence. She feels good about her life.



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