

I work very closely with the most troubled young people in this state. I do an exercise with them and everyone of them tells me how much it helps: I put them in a room with a video camera and I say I want you to talk to the video camera and tell your story and then I want you to sit and watch yourself telling your story and see how you respond.

And they all to a person say, "I really hadn't realized what I had gone through, and how it had affected me, and how it had shaped me, how it hurt me in ways I didn't realize."

I tell them that that is where your power is. Your power is where you have been hurt the deepest and you have been wounded the most severely. And if it didn't kill you, and it didn't because you're still here, than it developed a resilience, it developed an elasticity, a strength.

I always try to encourage these young people to understand that you have been through things that few people your age have gone through and so you have emotional strength, a stability on the inside of you that is far beyond your years and it will serve you well in the time to come.



REVEREND MATTHEW J.

WATTS



I give some time to think what has hurt me the deepest and caused me the most emotional pain every day. And for me, being a man of faith and a disciple and follower of Jesus of Nazareth, I put in that context that there is one who was hurt more deeply than me, and he cares about me and what happens to me, and he can give me the strength I need to move forward.

