

## Helping Your Teen Deal With Your Personal Injury

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When a person suffers a personal injury, everyone in the family feels the effects. Not only will they see a decrease in their funds, (if the victim cannot work), but they may also sacrifice more of their time trying to nurse the victim back to health. On top of that, there's the emotional aspect associated with the situation. Family members may feel angry and even guilty that they are thinking about their sacrifices instead of the victim.

Children feel this pain even more so, especially if they are older. Consider pre-teens or even teenagers. If a personal injury is extremely devastating, kids over 16 might have to help out around the house or even get a part-time job to help the family. They may also have to babysit their younger siblings if the other parent has to work longer hours.

Combine these things with the typical problems teenagers go through and there could be the potential for a lot of problems... problems you may not be aware of, depending on your teen's personality.

Now, if a teen is close to their parents, they will feel comfortable discussing their feelings. But if they aren't, they may turn to undesirable sources to cope with the pain. They may be more likely to experiment with sex, drugs or even gangs just to escape from everything.

So, what can a personal injury victim do to prevent these problems from occurring? Basically, they must communicate with their teen. They need to ask how the extra responsibilities make them feel. And, they need to be prepared to accept honest answers, even if they may seem 'selfish' or uncaring.

Sometimes teens may even need professional counseling. This is particularly so for personal injury cases where their lives are forever changed. Maybe the victim is permanently incapacitated or even worse... they died. In these situations, teens may need more than just a heart-to-heart talk.

In conclusion, it's important to not forget your kids when you're suffering through a personal injury. And, while younger children will obviously feel pain, teens are at a point where not only they understand everything, but they may feel that they have to resume the parent's role. As a result, there might be some resentment at the whole situation. Just make sure your not angry at these feelings, as they are not an expression against you. Remember, most teens understand that a personal injury wasn't your fault... what they are mad at is the situation.