

**NO SPITTING
ALLOWED!**



My friends
and
companions
avoid me
because of my
wounds; my
neighbors stay
far away.

PSALM 38:11

The cud and crud in our lives can cause us to become offensive to others. People may not want to be around us because they fear that we will throw up and spit depression, rage, over-protectiveness, relationship difficulties, and/or self-destructive behaviors (such as anorexia, bulimia, cutting, drugs, alcohol, or suicidal thoughts) all over them.

Do you see how we can become not only like a cow, chewing the cud, but also like a camel, spitting consequences on those around us?

Excerpt from
Go in Peace for Teens

© 2009 by Cherie Fresonke

cheriefresonke.com