

Teenagers: Feeling Different Because of Asthma

Having asthma can make you feel different ... like you just don't fit in. Lots of kids with asthma feel self-conscious about it.

You don't even want to think about having asthma. Let's listen to a couple of kids talk about their asthma. Are you telling yourself any of these same things?

I wish I didn't have asthma.

I just want to be like everybody else.

It's so not fair.

None of my other friends have to put up with it.

It's like a bad dream.

Sometimes I feel like I'll never fit in.

If I forget about my asthma medicine, I can forget that I have asthma.

It's normal to have these feelings about your asthma. Being a teenager is hard enough sometimes, and having asthma can make it even harder. But keeping those feelings inside isn't good.

It's better if you can say them out loud and share them with somebody you trust. Just getting your feelings out can help you feel less embarrassed that you have asthma. You don't have to hide who you are. You don't have to feel alone.

So find a friend who will listen. Or talk to a parent or a school counselor. Don't keep these feelings to yourself. If you can let them out, you'll be one step closer to taking control of your asthma.

I hate having asthma.

It's just not fair.

Sometimes I feel like I'll never fit in.

But I don't feel alone anymore.