

Coping With Fear

Violet's Monsters

Once upon a time there was a little girl named Violet. Violet was usually a happy little girl, but lately she was always tired. She was so tired that she could hardly pay attention in school. Sometimes she fell asleep at her desk. Why was Violet so tired? Because she couldn't sleep! Why couldn't Violet sleep? Because there were bloodthirsty monsters under her bed!

"There are no monsters under your bed," said her mother. "There's no such thing as monsters!" said her big brother, William. But Violet knew they were wrong. She could hear them under the bed, and she wasn't about to go to sleep. She hadn't actually ever seen them, but she was sure they had scaly skin, bumpy purple faces, sharp fanged teeth, and long drippy noses.

One night Violet decided she would stop going to sleep altogether. When her mother said it was time for her to go to bed, Violet just said "No." "What if we leave the lights on?" her mother suggested. Violet thought about this. "Okay," she said. She wanted to try it. She was pretty tired, after all. So, Violet's mother tucked her into bed, and kissed her goodnight. All the lights in the room were left on. Violet tried to shut her eyes and sleep but the room was so bright she kept waking up.

The next morning Violet was more tired than ever. She forgot her books at home and she fell asleep during lunch period. The kids laughed at her sleeping at the lunch table. Violet was embarrassed.

Violet's mother was worried. That night, she decided they should try something else. "What we'll do is check under every surface, in every closet and drawer, and make sure there are no monsters," said her mother. "We will be like detectives." "I'll help," said William. He liked to play that he was a detective. "My name is Sherlock Holmes."

So, Violet and William and their mother looked all around the room. They looked under the bed—no monsters. They looked in the closet—no monsters. They looked in the dresser drawers, in the toy chest, and under the rug. There were no monsters. "I, Sherlock Holmes, declare this room monster-free," said William. "Okay," said Violet. Then, they locked the windows and left the bedroom door open. "And you can keep your night-light on," said her

Use What You Learned

Think of something you are afraid of. Make a list of all the people you know who could help you with that fear. What do you think each one might do if you asked for help?