


Emerging Adulthood

A GROUP OF YOUNG ADULTS
SHARED THEIR JOURNEY OF
ADULTHOOD WITH US



SERANGOON MORAL
FAMILY SERVICE CENTRE

"The Importance of Self-Love"

Adulthood is a process that every individual goes through where they experience an increased number of responsibilities and expectations from others. It was not an easy process for me as I had transitioned from a full time to a part time employment setting in order to focus more on my studies. During this transition, I had to face some financial challenges and had to learn how to budget my financials accordingly. During this period, I remember that I had bought a McDonald's meal after 2 months due to my financial concerns. It was tough but doable at the end of the day as I had to endure for 6 months and afterwards, I would have obtained my degree.

I was invited to participate in the groupwork and prior to this, I had no experience of being a participant for any groupwork of such. Initially there were some concerns as I would be required to share my experiences, life stories and fallen moments with other individuals and the fear that I would be judged and not empathized with. However, as I progresses along this journey, I was able to alleviate all of my concerns and find that there are similar individuals out there whom I can relate

"The Importance of Self-Love"



with in my journey of Adulthood. The programme enabled me to understand more about my key struggles, my beliefs, and values systems and how they influence me in my decision making. I was able to hear from the other participants on how they have overcome some of their challenges and was able to gain some insights and tips in better managing my own concerns.

Throughout this program, I was able to identify a common theme which was "self-love". The sharing and information shared by the participants and facilitators allowed me to better understand the concept of self-love where my own welfare has to be the utmost priority. I was able to learn and understand that I needed to affirm myself and celebrate the little accomplishments that I have achieve rather than being hard on myself. This program allowed me to realise that I needed a self-care hobby that would allow me to unwind and take the needed breaks from the life of an Adult. I was able to identify that my love for camping and survival activities was an emotional regulator for



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me in which I can tap on to ensure that my welfare is taken care of. If I were to share one tip to others, it would be that we all need to learn to love ourselves by acknowledging our little accomplishments and achievements. It has become a norm that we tend to seek out our own flaws and in return it affects us negatively which has to change. By loving ourselves and being empathic to our own needs and concerns, I believe, we would then be better in managing the stressors of adulthood. Similarly, as I age over the years, I would probably tell my younger self the same advice to not be hard on himself. Difficulties and challenges pass over time and the journey of life is such that after one comes another. It is part of life's natural process to impart knowledge and wisdom in us to better be equipped for future challenges. I hold onto a quote which says, **"When you're going through something hard and wonder where God is, remember the teacher is always quiet during the test"**. This quote has been a strong motivator for me in my daily struggles and has helped me to look at my concerns from a different perspective and I hope my story has provided some forms of help for other in better managing this challenge of Adulthood. Remember, it is not about failing but about getting up and trying again.



"Making Peace With Myself"

BY MINUNNIE

Chapter 1

I feel lost and unsure of myself. I feel that I'm alone in my journey & not sure how others can be so positive about life. I struggle with being myself, feeling good about myself and doubt about my capabilities. I feel myself vulnerable and how to cope with this part of myself. I wonder how I can encourage myself to feel better when I am down. I thought I was different from others. I felt that I have to hold certain image of myself.



Chapter 2

I felt that it's perfectly okay to feel how I am feeling. As mentioned, everyone has their own unseen & unspoken battles. They may choose to say or not say them out. There could be people out there who avoids them. However, I think I cannot ignore them. I learnt that I can learn to live ^{with} these battles and keep acknowledging myself even if I may feel down. Adulting may seem painful but I think as I grow each day, I am learning to get better.

I think it's important to make peace with myself. Perhaps, prioritising our battles can help to feel less overwhelmed.

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Chapter 3

I will thank myself for all the journeys that I have went through. I believe that every thing happens for a reason. I think I will also affirm myself for reaching another state of self.

This makes myself more empathetic towards the people around me which will also help them feel better when they feel down. I will thank myself for staying true to my being and showing acceptance of myself. I will tell myself to continuing to stay positive and be happy.

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I also want to tell myself to make peace

with my current self. Every day is a new

learning point, I will get there eventually.

Don't give up. You are doing great!

Please do not doubt yourself. You are making

progress even if you aren't aware. 😊 Stay

Strong & be happy! ♥ I love you! ♥



"Honour Your Boundaries"

Chapter 1

I was struggling to stay afloat, getting by day on day even, was too hard. I was in a state where I had to take things hour by hour or even minute by minute. Loneliness was overwhelming, and I also felt like a burden to the world around me. And the actions of others showed me that few could ~~actually~~ ^{actually} care for OR support me in the way I needed.

From being someone who loved going up to others and looked forward to life and living, life was drastically 180.

"Honour Your Boundaries"

Chapter 2

I am definitely in a more heightened, sensitive state and I realized I learnt that many of my old triggers still exist / weren't worked through in the way they needed to be get. So I ~~was~~ ~~able~~ to see ~~how~~ ^{that} I can still work on them more.

I also learnt that I have hope and love for life still and that there's much I can learn from others.

Get support from a good therapist you like with, the sooner the better, with or without problems. Be gentle with yourself. Learn your boundaries and draw them, or practice drawing them. Be out in nature when life feels hard. And spend time doing things you want to with yourself.

"Honour Your Boundaries"

Chapter 3

Honour your boundaries, don't ever feel guilty for acting on them respectfully. Put your needs at the top, alongside the values that matter. Take things less seriously, focus on the value and experience. Not everything has to be just one way. Let go of whatever isn't holding on to you.

You are so strong. Truly. You are full of love, light and power. There are amazingly beautiful years, experiences, love and lives ahead of you yet. You will keep growing, and each day forward is better than the ~~last~~ times that were the lowest. You are no longer in those hard times. You are safe. You deserve love. You are loved by you.

Always listen to your gut & heart.
You are enough. Find your way to you.
Love you.

"Embrace With An Open Mind"

Tu We Th Fr Sa Su Chapter 1 Memo No. _____
Date / /

Before entering/joining the support group, I was feeling very uneasy, & doubtful about myself. Uncertain - even anxious about meeting new people, how I was going to present myself, what are some of the interactions I was going to go through to ~~se~~ step out of my comfort zone? Hesitant - would this work, how different I would come out of this experience different. How do I make this count & commit if I was going to work towards being more open & sharing experiences. All these thoughts flittered across my mind every now & then.

"Embrace With An Open Mind"

Tu We Th Fr Sa Su Chapter 2 Memo No. _____
Date / /

I learnt to embrace with an open mind. So much tiny little things about each & every one that amazes me each session. Behind each person is a story waiting to be told; waiting to be heard. I could find myself empathising & relating with many people's experiences; putting myself in the shoes & ~~people~~ of others & lending a listening ear ~~the~~ allowed me to identify the challenges others are facing. No one has it easy, & it's heartening that everyone is still fighting strong in their own, little way. I am grateful for everyone's presence.

~~If you're~~ I will leave with this chapter with a quote: "In matters of style, swim with the current. In matters of principle, stand like a rock."

Embrace With An Open Mind"

Mo Tu We Th Fr Sa Su

Chapter 3

MEMO NO.

Date

Hey past me, I'm so glad that you're going through this phase in life. Yes, glad because I know that these experiences are going to shape you to become a wonderful person, someone that you've always hope to evolve to become. And to strive harder, work ~~for~~ on myself each ~~the~~ day. Keep up the baby steps each day, they do add up.

I honestly don't think you need any comforting, you're strong the way you are now. Just be more confident, and ~~as~~ believe in yourself. Continue with the prioritization of you. ~~Take~~ ~~Always~~ As always, take care of yourself first, so you'll have the energy to care for others. I know you're already somewhere there, press on!



Like you, many
young adults face
similar struggles
in life. always
remember that you
are not alone in
this journey of
adulthood.

