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The full has never been told is first and foremost for teens and young adults from 13-25 .... Yet it is expected to find an audience with those who are relatives of, work with or in one way or the other interact with and/or impact the lives of this age group. On the book no more is left to say since the full can never really truly be told.

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## NOTHING OUT OF THE ORDINARY

Jersey walked into the auditorium, and looked around, there they were ... boys ... girls ... young men and women and older adults ... she hesitated for a while but then the eyes of a teenager in the front row caught her attention and she knew then ... she would ... no, she knew then ... she must ... begin to tell some of it:

In a booming voice she echoed; “The full has never been told!” “The full has never been told!”

He was just a cute lanky boy, destined to be a tall handsome guy, he seemed a bit shy... hardly spoke very loudly ... Mom and dad loved he and his brother and it showed. There they were always doing the needful and attending to their needs; from all appearances, he and his brother were well taken care of.

There was one weakness though that Jersey noticed about him ... he was a follower who didn't always make the best choices of who to follow. But, to counteract this, he was well bred and all in all, a good-natured boy. Jersey watched him grow from young child to pre-teen, no major changes in character really. Still same good-natured, shy, more of a follower type of guy. The only thing that changed for him, was the fact that his parents were separated. Nothing else.

Academically, he performed as an average student, he was a bit lazy. But that pleasant disposition remained with him throughout.

He is now officially a teenager, 13 years .... Now start counting ... 1, 2, 3, 4 .... There he was running through the alley and being chased ....

## NOTHING OUT OF THE ORDINARY

... but not for long, not for long ... he was hit, he fell, he was no more and so the story ends or does it?

There this teen boy sits in his room and while surfing the television channel, he happens to hear of the this young man ... it caught his attention, because they are the same age ... he thought “hmm these wayward boys” and continued to surf the channel, soon enjoying a music video.

Jersey looked at them both and looked around in general ... she thought “nothing out of the ordinary”

Are you a teenager ... more of a follower or a leader? Truth be told, whether inclined one way or the other, teens have a desire to fit in with their peer group? Have you noticed how this might change your future for better or not for better?

Or are you a parent ... how are your transitions affecting the kids? No not just on the surface ... have you looked a little deeper, considering current and future needs... what measures will you be putting in place?

There is a truth about a cohort and that is that each one shows one ... really go back with a fresh outlook and here this first teen speak ... what did he say to you ... a message that was just for you ... what do you know about the full story here that hasn't been told .... And better yet, what do you plan to do about it ?

Anything?

# Mirror Mirror

Jersey wondered how best to describe her ... okay she got it. Looking up and around Jersey continued:

She, this fifteen year old, was built right rom top to bottom and if you or anyone else doubted it, well there were the boys letting her know it every chance they got, there were her friends wishing they looked a little more like her, there were the men and women alike who simply noted the fact of the matter ... “the girl is built right” ... all wondered at her future ... she might go on to win a few titles ... who knows?

And this wasn't all, built right, but also performing as a good student, and coming from a financially sound background too... what more could one girl ask for?

Yet that day, she could not take it any more, even with all the adulations, there she was crying and asking between sobs ... “why do people look at me and assume everything is perfect?” crying continues ... “they wouldn't do that if I were — or — so why? ... I have things going on too.” Looking on, her friends stared at her in disbelief, and had to take a moment to come to terms with what was happening. As soon as they did, she was consoled.

Jersey reflected ... if the mirror presents a perfect picture from head to toe ... who bothers to ask a question really? Are not questions reserved for the one's in obvious disarray? Yet ... those like this girl who is simply “built right” ... are our possible silent cutters, or developing alcoholics .... or promiscuous teens ... or relationship-seeking teens .. They go on in silence because the full has never been told.

# Mirror Mirror

He watched the other boys with their dads and listened to his peers share stories of activities they did with their dads. He found himself wondering what was different about him. Yes, his dad was there but it was like almost as if he was not. There was no real connection.

Studies were never an issue and so schooling continued with some satisfactory outcomes. As he grew through his teen years he wondered for a while about his sexual orientation but not for long and recognized himself as a definite heterosexual. He had not any antagonistic feeling toward his dad but remained confused as to why they could not really connect.

Over time at times he found a deep sadness creeping up upon him though he would try to feign being a happy-go-lucky teen.

It was at a party that Jersey noticed him, she looked up in the crowd and there he was, just dancing away to the music, but there was something in the way that he moved ... almost as if he was trying to run away ... to go somewhere far away.

Today he struggles with depression .... How many of our supposed 'happy-go-lucky' teens are going under the radar? If you are a parent or impacting adult of a teen, do you take it for granted that all is as it seems? Or do you make systematic check-ins?

And as for this guy and others like him ... one wonders if they know they are not alone ... that they are many experiencing something similar ... more importantly though ... wonder if they know where they can find that support? .... Can you hear the music? .....

# There Big & HIDDEN

# There Big & HIDDEN

Jersey looks up at the large group ... and considers how fact is sometimes stranger than fantasy ... she wonders if they can handle it and looks over at an older lady and decides they can:

His dad worked in a 'sensitive' industry and during a usual day on the job ... he aware but unconcerned, voiced his stereotypical viewpoints in the harshest of ways ... not feeling badly, because well that is how he felt about the matter. The other party felt very humiliated and hastened to a retreat. Work day and days after continued as normal.

Months later dad receives a letter signed by the person from that day in the past ... it was informing him that further to doing his research, he had successfully pursued one of his children and were engaging in relations with them; but the letter did not conclude until the person from that day in the past, gave their positive status. The letter indicated that his partner, the dad's child was oblivious to this.

There is this saying that "the sins of the parents follow the children" some say nay, some yeah. But the real question is whether persons recognize that every single action and inaction done directly or indirectly in the life of a parent has the potential to impact the child/children?

And truth be told we live in an imperfect world with imperfect people who often behave much less than perfect to say the least.

The woman looks at her daughter in some ways she reminds her of herself. She feels a sense of pride because her daughter is doing well but there is a feeling she gets and she cannot explain it. But she has the words, it is just that .. just that ... she always seems to 'get me annoyed.'

The daughter looks at her mother in some ways she realizes that she is like her. And she feels warmth toward her but there is a feeling she gets too and she cannot explain it. But she has the words, it is just that ... just that .... she always seems so 'negative.'

And so it is .... The daughter grows through the teen years into a young adult and the one thing she can be sure off is negativity in one form or the other coming at her.

And so it is ... The mom watches her daughter grow through the teen years into a young adult and wonders at how well she is doing.

Beneath the surface, there are these feelings that remain unspoken, almost as if by an unsigned agreement. Daughter experiences a pained anguish at the ongoing negativity. Mom experiences a denied, sometimes surfacing feeling of envy.

But who speaks of this ... Jersey looks at the blank faces in the crowd and wonders for this scenario has been met so many times before. So mom ... daughter what do you do? The full has never..

## LOVING ACCEPTANCE

Those words kept echoing as she continued ... “I want a baby.” and Jersey knew then that it was time to tell of this one, to tell of these.

There she is, this beautiful vibrant zesty now blossoming young lady and who would know the thoughts that make her smile and feel encouraged ... it’s the thought of that baby cradled in her arms. Jersey cannot help but look up at the crowd and wonder firstly who would have guessed and secondly how many out there feel the same.

This beautiful blooming young lady longs to be loved and accepted with no strings attached, longs to be appreciated, longs to have a positive experience with another being who considers her important and valuable; someone who will not judge her. Who better than a newborn baby? Could anyone really argue with her there?

And how many like her declare love for the male source of their love in this moment of discovery? Sometimes to be realized in a different way in the future and sometimes not. And how many then in now knowing the other aspects that baby brings, are left feeling frustrated with unrealized expectations?

The times for those beckoning womanhood, are filled with uncertainty and sensitivity, with a real need to please & appease, with a real need to be seen, loved & accepted for the true self, with a real need to be appreciated & valued with no strings attached, even when it might be hard to do. How then are those beautiful young ladies to be helped to look for love in all the right places? Anyone with a full response ....

## LOVING ACCEPTANCE

‘What an assortment of people!’ thought Jersey. Smiling she continues.

He was well-spoken and insistent, he needed “more girt” ... lamenting his plight, he wondered at his romantic future.

They were going along well, sharing their stories, and then one turns to the other, “How I envy your shade!” In another place and time, they look at each other, and it’s like a heartfelt game of sorts .. “I want your butt” ... “I want your nose” ... “I want your hair”

Each could easily identify the virtues of the other physical first and foremost and then other aspects of their peer. And this heartfelt game of ‘yours is better’ goes on for years .. For some it naturally titters out ... but for others it goes well into young adulthood.

And so there is the struggle ... insecurity at an all time high, always feeling less than and doing whatever to compensate. There is something about this period that creates a sensitivity to that type of comparison.

Jersey looks up at the crowd again ...

How then does one move away from ‘must be better than ...’ and toward ‘simply different from ...’ ?

How many of those around too, knowingly and unknowingly contribute toward the insecurity?

And where do we go from here? Prey tell ...

# Still working it Out



“How gran ... to look over the crowd and see the different generations!” In her mind’s eye now ... Jersey saw the different ones ... slight variations in ages , different ethnicities, but one thing held true, held constant, it was that look in their eyes, as they felt unable to get through to their teen or young adult who seemed to be taking a wrong turn ... it is a look that always made her ‘pores raise’ every single time. And then on the other end of the spectrum, there were those in their mid to late teens who expressed different feelings toward the adults in their life, all worthy of acknowledgment for sure, all worthy of acceptance for sure, no matter what feeling it was ... but then beyond that what was generally so interesting is how adamant and prepared most were to make a ‘permanent’ relationship decision while going through a transitory phase in their lives ... almost as if they are yet to understand that they are still working it out..

It is well-accepted in the mental health fraternity that emotional/psychological vulnerabilities are considered to have a high propensity to reappear in third generations. Jersey has always listened with interest on the laissez faire attitude of many that ‘mental illness runs in some families.’

Jersey looks up at this crowd now and sees in the middle row ... what looks like four generations, “what a wonderful site” ... she looks over the crowd for a while, hoping that at least some of them will prepare and open their minds to really hear today .... Really hear .....

# Still working it Out



Just like organizations ... families are living systems, and within this system there are working patterns of interactions, and these working patterns of interactions are continually being adjusted slightly here and there. But oh the error ... that happens in many of our family systems, is that we take established patterns from eons ago and move with it, whether it has worked in the past or not, whether it is now destructive given the changes that have taken place, whether the natures of the new people in the family are being harmed by these patterns and when this continues for years and years ... one generation ... years and years ... two generations ... years and years .. Three generations ... then it happens, the weakest of the links begin to manifest this error in various ways, given different names ...

Jersey looks up ... they are looking back at her ... she wonders if they really get it ... that patterns run ... patterns run ... and therefore, there is hope ... hope to break patterns that are not working and adopt new ones ... hope to learn new patterns ... and shape the future, third generation and beyond to the next third generation for the best ....

But this only can happen if the generations learn to communicate well, if the older ones recognizes the teen as a budding adult and communicates with them accordingly and if teens keep in mind that they are a work in progress and some middle point is struck in those challenging times... so much more to tell

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# ANY RESOLVE?

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Silence ... everyone wondering where to now ... the hours passed seems like days .... But truth be told, what has been told is a reflection of years and years, and sure Jersey considers, she can go on and on, and yet the full will never be told, and what really is the point of trying to swallow it all, if it is too much to be digested and used productively .... So what now? .... Everyone wondering where to now ....

Jersey goes Centre of the crowd ... she smiles and so do they ...

Like all Jersey has had the good fortune of meeting along this journey, there comes a time when eyes meet and the question, spoken or unspoken is communicated; any resolve?

Resolve is simply to settle or find a solution to a matter or to decide on a course of action. Now how ever does one find a solution to life? How ever does one find a solution when the full will never be told? Yet there are people who dare to try ... and where do we meet them ... usually they enter a world where they cannot be reached .. where they have escaped from it all ... and they are diagnosed with the Big “S” ... Fortunate for some who get such a diagnosis ... they, as much of them that is left; realize that that escape route was flawed, and then they retrieve a certain level of functioning ... but those who choose the other Big “S” the physical one and succeed, leave behind their loved ones to mourn and wonder why ... and they, the relatives, no all to well that the full will never be told ...

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# ANY RESOLVE?

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For those of us who decide to move along and decide on a more positive and beneficial course of action ... what is the resolve?

If you are a teen .... how will you choose to let those you have met earlier impact you ... the thing with teen times, is how much peers impact us thoughtlessly ... but what would happen, if during these years, a few teens were to decide, to progress through this life phase, being more conscious of how they are being impacted and whether it is a way they like or not ... op-p-s! Jersey puts her hands over her mouth. She reflects on how strong the pleasure principle is for teens ... Okay, what would happen, if during these years, a few teens were to try to project ten years into the future and consider how today impacts tomorrow? And truth be told, that is a major challenge of this phase, to enjoy childhood, because it is part that, while preparing well for oncoming adulthood?

And here is where the adults come in .... Jersey looks at the impacting adults, and she empathizes with the conflict of some of seeing their ‘babies’ blooming before their eyes. She empathizes too, with those who struggle to give over the reigns of control to the upcoming adult and instead of guiding and negotiating them through, apply the big stick policy during their teens and beyond and beyond. But Jersey knows that they do must decide on a course of action, because sure enough they have future challenges to face and the reigns are partly in their hands. The full .... The full ... the filling continues....



LOVE IS THE GREATEST FORCE  
THE WORLD POSSESSES

Mahatma Gandhi

**THE FORCE BE WITH YOU**