

How Do You Make Self-Worth & Self-Confidence Your Greatest Possessions?



By Frosty Wooldridge

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Over the weekend, a major network reported on skyrocketing teenager suicides, lack of self-worth, and a general sense of malaise for millions of high school students across America.

A mind-numbing: “10,000 teens commit suicide each year. Over the past 25 years the rate of teen suicide has increased 300 percent. Suicide attempts occur more often in females than in males, the ratio is 9:1. Girls who attempt suicide tend to overdose on drugs or cut themselves.” (Source: www.smith.edu)

“In the United States, Drug Overdoses Are The Third Leading Cause of Death in Adolescents in 2022. From 2019 to 2022, the rate of fatal drug overdoses among U.S. adolescents (age 13-17) more than doubled.”

Researchers estimate that from 2006 to 2016, the total amount of money spent by Americans on these four drugs fluctuated between \$120 billion and \$145 billion each year. By contrast, a different analysis finds that spending on alcohol in the U.S. was estimated to be \$158 billion in 2017. Those drugs are: fentanyl, heroin, Methamphetamines, cocaine. In other words, millions of people chose mind-altering states of being that were addictive and detrimental to their minds.

Those drugs and those figures accelerated during 2021 through

2024, during the Biden open borders tenure. The drug cartels enjoyed an open season for drug distribution to our youths.

The United States has the highest rate of drug overdose deaths out of 30 countries, according to a report from the health nonprofit the Commonwealth Fund. March 17, 2025.

Without a doubt, parents, teachers and leaders face troubling times in 2025. Every time you turn around, another school shooting blazes across the evening news. A majority of American students cannot read at their grade level. Some nut cases drive their cars down crowded streets to kill a dozen people.

Over the weekend, a minority teen, after committing a robbery, attempted to allude the police instead of staying in his car. The police shot him. The next day, his father ran down and killed a police officer directing traffic for vengeance.

A 19 year old teenager attempted to kill President Donald J. Trump by firing from a rooftop with a high-powered rifle equipped with a scope.

You could name another dozen violent incidences in your state, especially if you live in a big city.

What's causing America's moral, ethical and spiritual decline?

Are the ubiquitous violent video arcades in every city, and available for any kid's computer to blame? Are the never-ending stream of violent movies to blame? What about the dozens of TV cop programs where all you see are guns drawn and firing? Is it the 50 percent divorce rates in America? Is it the mind-altering cell phones kids are addicted to 4 to 8 hours a day? Is it the lack of discipline by parents or schools that generates a loss of a sense of personal accountability or personal responsibility for one's actions?

Whatever the reasons for unending youthful turmoil in 2025, we

adults need to gather together to discover the root causes of SO MUCH youthful anger, pain, loneliness, poor educational achievement, teen pregnancies, and violence.

As a retired educator, and a person who arrived on this planet with a good mother and father, I think we need to provide "Marriage Classes" for couples contemplating a life together. They need to discover if they are fundamentally compatible as to: personality compatibility, sexual compatibility, religious compatibility, interests compatibility, financial compatibility, educational compatibility, spending compatibility, and several other aspects that lead to a healthy lifelong relationship.

Next, we need all couples to pass a "Parenting Class" in order to discover the best methods for parenting children. Another course is, "Love and Logic" as to rearing teenagers. Everybody needs a peaceful and civil upbringing.

Meeting in September and getting married in June doesn't allow either spouse to discover if he or she enjoys longterm compatibility. From this educator's experiences, your kids deserve to have you both together during all of their formative years. A divorce destroys a child's sense of trust, being loved, structure, security and emotional makeup. One of the best books on how to enjoy a happy marriage is: **Are You The One For Me?** by Barbara DeAngelis. It will tell you whether or not you stand a chance at a successful marriage. For men and women, **How To Deal With 21st Century American Women—Co-Creating A Successful Relationship** by Frosty Wooldridge. If couples would read those two books, marriage success rates would jump to 80 percent.

While you might want to delve into how to make America's youth emotionally and spiritually healthier, it gets down to what I call, "Self-worth and self-confidence are my two greatest possessions."

As a teenager, my father and mother instilled in my brothers, sister and me, a sense of "HIGH SELF-ESTEEM." Whenever I faced a rough patch at school or sports, my dad would put his arm around my shoulder, "Son, if anyone can succeed at that task, YOU can do that! I've got faith in you." He gave me a sense of solid self-worth and self-confidence that remains in my heart, mind and soul to this day.

When we were kids, if we hurt ourselves, my mother would pick us up, hold us, and make sure we felt safe and secure in her love and caring. Her sense of security has remained with me all my life.

While these times in 2025 appear to be more chaotic and more violent along with being more confused, when a child has a sense of high self-esteem, self-worth and self-confidence—that child will pave his or her way toward life and all its challenges.

"Children need love, especially when they do not deserve it." —Harold Hulburt. "I may not be able to give my kids everything they want, but I give them what they need: love, time, and attention. You can't buy those things." —Nishan Panwar

"One of the most important things parents can do is to tell your children true, positive statements that they can repeat to themselves. For example: Your smile makes me happy. You are an interesting person who is going to do great things."

"Understanding yourself is the cornerstone of emotional maturity." "Maturity is not measured by age, but by the acceptance of responsibility." "Letting go of grievances is a hallmark of emotional maturity." "Maturity is understanding that not every action requires a reaction."

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