Definitely not able to fight it.
If I caught a cold or the flu
There is no future for me.
I would feel powerless.
I would have to stop going to school.
and at having to beg for food.
I would feel ashamed at my appearance.
My eyesight would deteriorate.
Repair damaged tissues, muscles and organs.
My body would be using protein for energy instead of to
light of stairs, carrying books, opening heavy doors.
I would have difficulty concentrating and staying awake in class.
My grades would suffer.
I would be tired all the time.
I would run out of energy easily.
I would feel embarrassed because I can't keep up.
Friends would be bigger and more active than me.
I would start to lose weight.
All I would think about is FOOD.
I would feel impatient and grouchy.
My stomach would growl.
People might not even know I am hungry all the time.
At first I could still function.