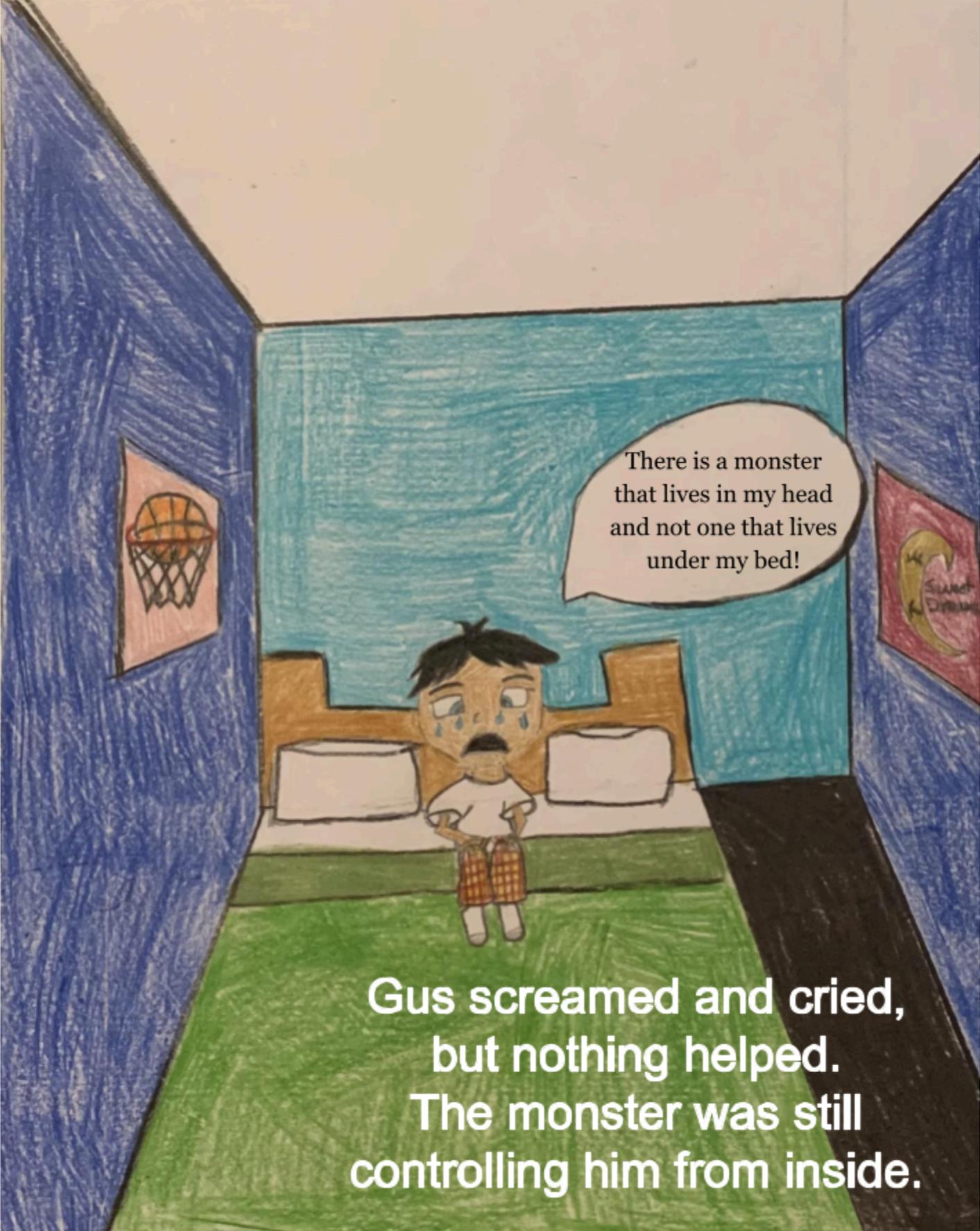


THE
MONSTER

&
GUS





There is a monster
that lives in my head
and not one that lives
under my bed!

**Gus screamed and cried,
but nothing helped.
The monster was still
controlling him from inside.**

The monster in his
head kept telling
him what to think
and do.



The monster
would make him
count each line on
the sidewalk all
the way through.



The monster told Gus to be afraid
to play with his friends, as the
monster told him there were too
many germs that he could not
cleanse.



When Gus knew the window was closed from outside, the monster told Gus to check time after time.



The monster, OCD for short, would scream
and cry everytime Gus did not comply.





"I can't take it
anymore,
monster, walk
out that door,"
Gus shouted.

But the monster
didn't listen to what
Gus spouted.

Gus had an idea one day, to not
listen to what the monster had
to say.

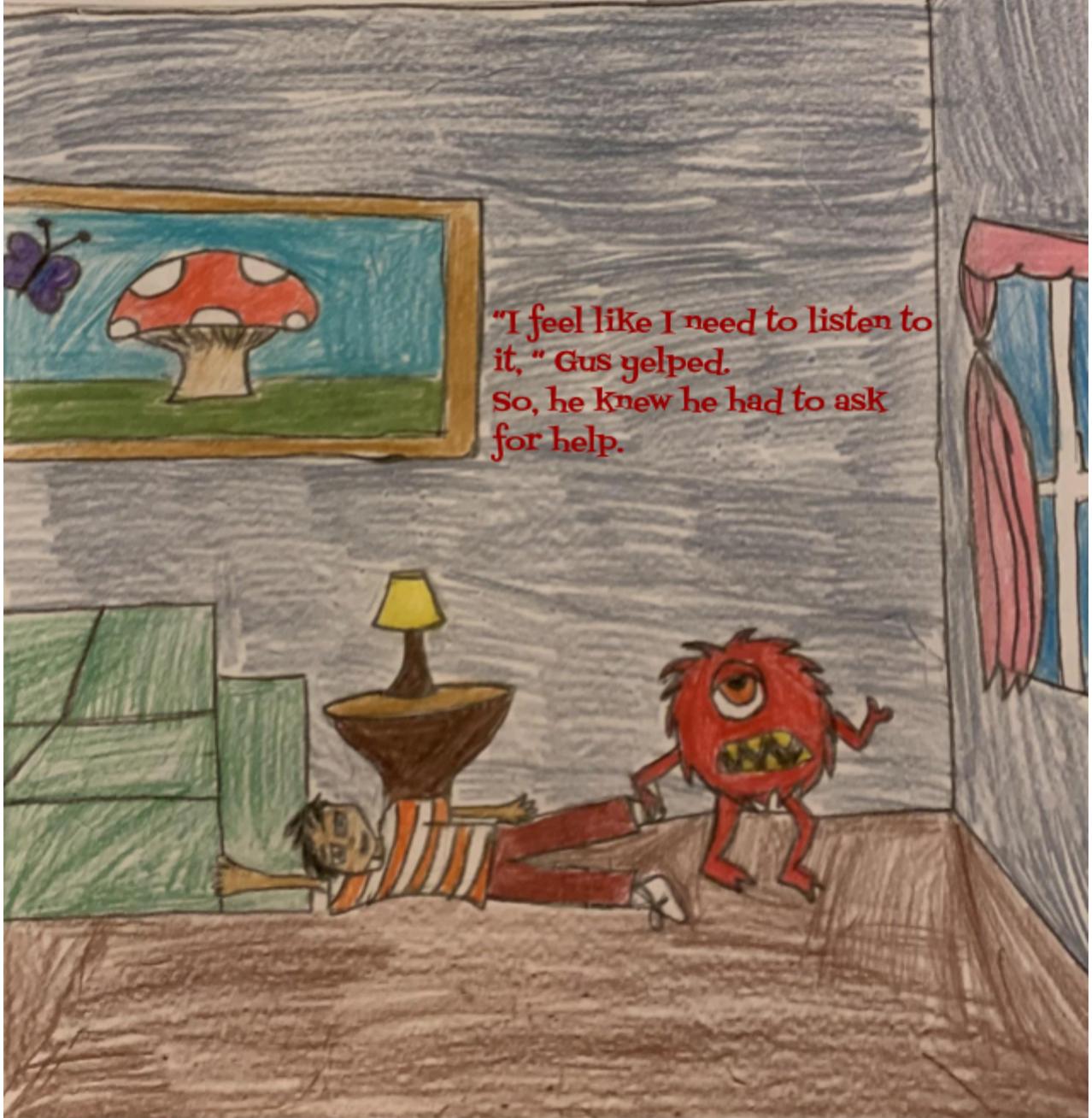


When Gus did not listen to what the monster told him to do, it yelled louder and louder almost like it was its superpower.



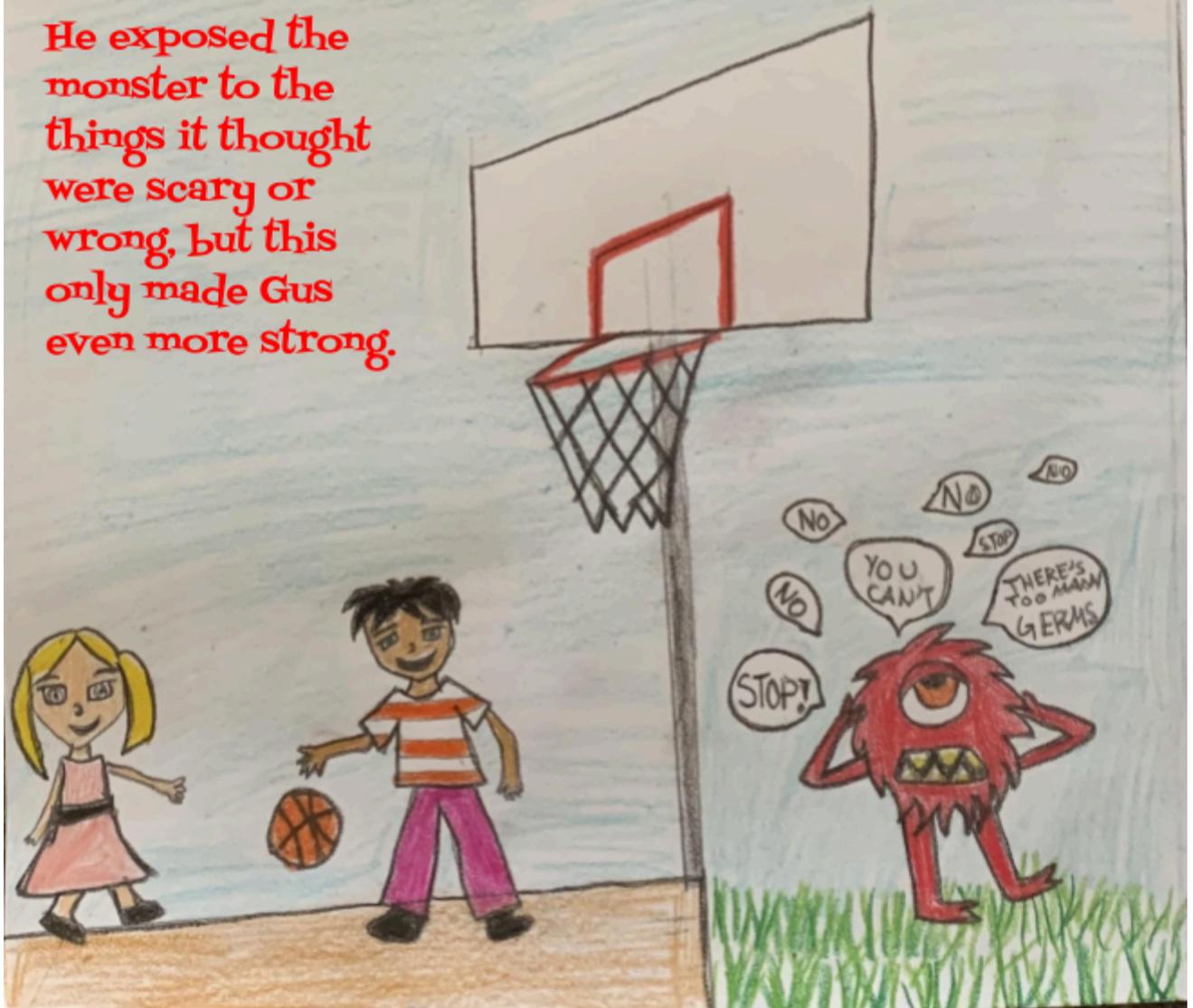
Ignoring the monster was hard you see, it was like Gus could never be free.

"I feel like I need to listen to it," Gus yelped. So, he knew he had to ask for help.

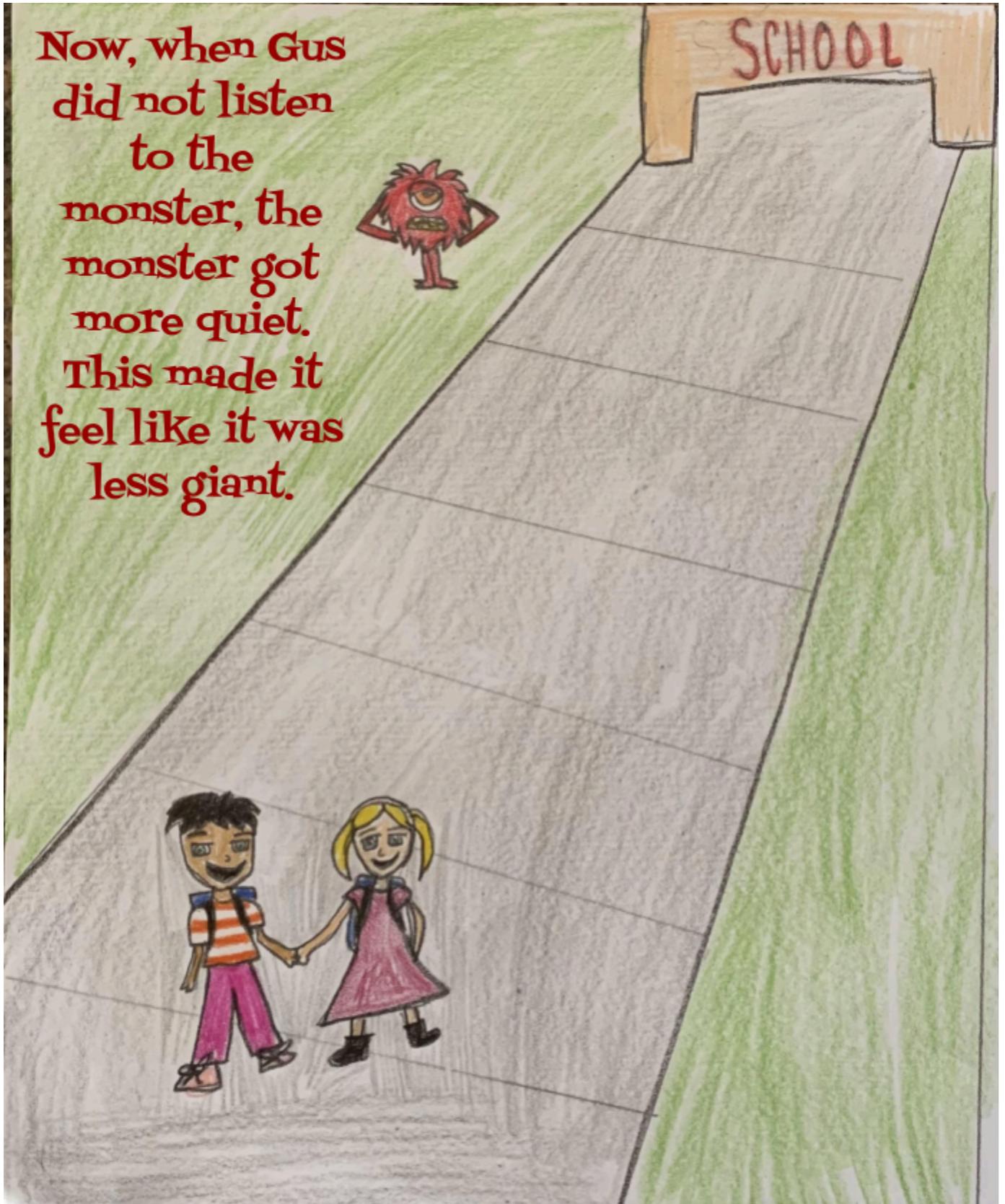


Gus now had some help, so the monster would sometimes move away and stop bothering him all day.

He exposed the monster to the things it thought were scary or wrong, but this only made Gus even more strong.



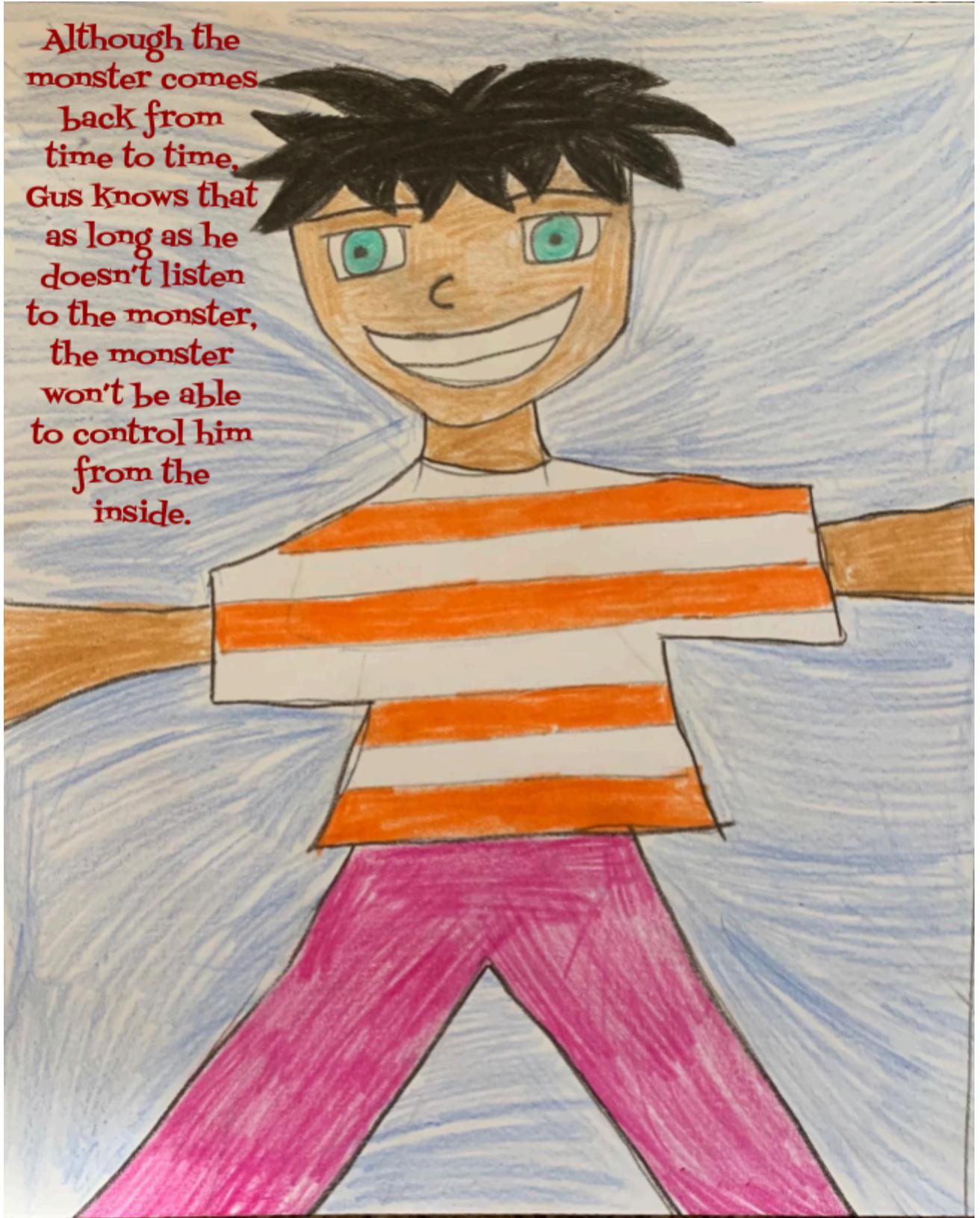
Now, when Gus
did not listen
to the
monster, the
monster got
more quiet.
This made it
feel like it was
less giant.



As Gus ignored the monster day after day, the monster decided it was time to go away.



Although the
monster comes
back from
time to time,
Gus knows that
as long as he
doesn't listen
to the monster,
the monster
won't be able
to control him
from the
inside.



DRAW YOUR MONSTER

Grab a piece of paper and draw what your monster looks like.



This is a Girl Scouts of the United States of America Gold Award Project, the highest Award in Girl Scouts.



girl scouts 
greater los angeles

Created by Zoey Schwartz, Troop 00856

To contact me for any questions email me @ zoeyevin@gmail.com

To get in touch with me about an opportunity for a hard copy email me @
zoeyevin@gmail.com

Also email me for partnership opportunities at zoeyevin@gmail.com