

Life Transition Stages Each of us needs to go through important stages in his life in order to mature. It is natural for us to go through periods of emptiness, and it is natural for us to be affected by some of the negatives around us, and it is natural for us to feel helpless sometimes, and it is natural for that to creep into us. In my opinion, adolescence is one of the most difficult stages that a person goes through in his various stages of growth. Some of the most prominent crises that adolescents face when they transition from childhood to adolescence are emotional, behavioral, and eating problems. In addition to depression or anxiety, adolescents who suffer from emotional disorders may also feel irritable, frustrated, or angry. During this period, a person faces some difficulties and problems that develop his growth and enhance his emotions and rational thinking.