

**EVERYBODY?:** (Q.) I think everyone in this world is out to get me. Everywhere I go, I just have this feeling that everybody hates me. I can't stand it.

It's getting so that I don't even want to get out of the house. It really bothers me. I really need help. Maybe I need psychological help. — Scared in New York

(A.) You may be able to cure your "everybody-hates-me" sickness yourself.

To begin with, no one is putting that much emphasis on you. Your idea that **EVERYBODY** hates you is foolish. Everybody doesn't even know you exist, so how can everybody hate you?

If you will quit thinking exclusively about yourself and begin thinking of others and what you can do for them, you can start overcoming all those negative feelings.

Give others an opportunity to know and like you. There are always going to be some people who don't care for you, but this is true of all of us. Don't let it bother you. Find the ones whom you can like and who can return your friendship, and concentrate on them.