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It was a bad morning when I woke up with the news that Sonu, my next-door neighbor's 15 year old son committed suicide. I was so shocked to know this that I couldn't move for a few minutes. It was an unpleasant scene and a "what to do" situation also. The doubt of why the boy has taken such a step was crystal clear in everybody's face, whoever was present there. A grown up person committing suicide can still be understood because grownups have grown up problems which many of them find highly difficult to face and finally end up killing themselves. But what could be the reason behind Sonu's death because he was an adolescent and in this age children hardly go through any rough phase of life. Finally after the post-mortem the result came out that the boy was a patient of extreme depression and his parents also admitted later that he used to take everything in a negative manner.

With this example of the 15 year old boy we can understand that how negative thoughts can take an ugly turn. On contrary of it, a small positive thought can make a person's life beautiful. Children, especially the adolescents often get frustrated with anything and everything. When they find things are not going their way, they take it in a wrong and negative way and start blaming their luck and lose confidence. This is not completely their fault because it is the hormonal change which occurs in that age and it makes them think like that. Children of that age also consider certain turns as failure of their lives. Many of the children also need support of their parents but fail to get it and it turns to take the form of depression in them.

When parents find their children get depressed for any reason or take everything in a very negative way, they should help them by taking to a psychologist or counselor. Parents themselves can take the initiative to ask their children about their problems and try to solve them. Parents also should share a friendly relation with their children so that they don't ever find themselves lost in the crowd kind of and can share every good and bad moment with their parents. This helps parents to keep a track over the children's every next step.

Pessimism can give birth to many diseases. Pessimism makes a person tensed and extreme tension results in ending up being the owner of many diseases such as high Blood pressure, Diabetes, etc. if pessimism keeps on increasing in a person, then it can also create some mental disorders and one of the common mental disorders these days is Schizophrenia and it has become a common one because people of the present days take unnecessary tension which finally turns into pessimism. It seems they look for chance now to develop a pessimistic nature within them. The worse result of being extremely pessimistic is that people often commit suicide because they think one failure is the end of the world, and many of them develop the tendencies to make an end to their life.

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