

IMMATURETY **FEELINGS** **MATURITY**
the single most important factor in emotional health and optimal development

- where feeling is **differentiated** from emotion – we can feel other things besides emotion and can have emotion without feeling it

FEELINGS ≠ EMOTIONS

- can have a **FULL BLADDER** yet not feel the pressure
- can be **SICK** yet not feel the aches and pains
- can be **EXHAUSTED** yet not feel tired
- can **NEED FOOD** yet not feel hungry
- can be **FREEZING** yet not feel cold
- can be **HURT** yet not feel wounded
- can act **ASHAMED** yet not feel shame
- can be **MISTREATED** yet not feel angry
- can be **THWARTED** yet not feel frustrated
- can be **at FAULT** yet not feel guilt or remorse
- can be **SECURE** yet not feel it (and vice versa)
- can be **in PURSUIT** yet not feel the seeking
- can encounter **FUTILITY** yet not feel sad
- can be **ALARMED** yet not feel nervous
- can be **FULL** yet not feel satiated

IMMATURETY **FEELINGS** **MATURITY**
the single most important factor in emotional health and optimal development

- where feeling is **differentiated** from emotion – we can feel other things besides emotion and can have emotion without feeling it
- where feeling is best thought of as the cerebral cortex's interpretations of **FEEDBACK** signals coming back into the brain from the body as to how one has been stirred up or moved
- feelings are **fragile & fleeting**, easily hurt and easily lost, and inaccessible to us when distressed or when needing to perform
- feeling deficits are the **common denominator** to almost all problem behaviour and troubling syndromes of adolescents and adults

IMMATURITY **FEELINGS** **MATURITY**
the single most challenging factor for young adolescents

- due to the **inner turbulence** resulting from body changes, elevated emotion, flooding hormones and the sexualization of attachment
- due to unprecedented support for a **'flight from feeling'** – drugs, digital distractions, and non-stop entertainment
- due to the **added stresses** of facing more separation and of greater pressure to prepare for integration into adult society
- due to a **lack of safe spaces** for feelings to catch up with them
- due to a **loss of emotional playgrounds** in our culture

IMMATURITY **FEELINGS** **MATURITY**
the single most overlooked factor in emotional health and optimal development

- feeling deficits are **ECLIPSED** by our focus on reason, behaviour, performance, syndromes and even emotion
- feelings are **ESCHEWED** because of their apparent irrationality, unpredictability, their association with suffering, as well as the confusion of feelings with untempered emotional expression
- we are ironically and paradoxically blinded to the problem by our **'EMPATHY'** (originally defined as *projecting feelings where none exist*)


IMMATURITY **FEELINGS** **MATURITY**
BOREDOM
and its escapes are probably the most telling sign that pivotal feelings are missing

- complaints of boredom appear to be escalating in our youth
- boredom is highly correlated with impulsive and troubled behaviour and emotions
- boredom is by far the most common self-confessed reason given by youth for getting into trouble
- chronic boredom and its escapes could be considered a harbinger of troubles to come

What BOREDOM is about

What bores a hole in us is ...

... separation from attachments




... lacking sense of emerging self

When this hole is **NOT** sufficiently **FELT**, it is experienced as **BOREDOM**.

When experienced as BOREDOM, the temptation is to fill the hole from the OUTSIDE.

standard 'fillers'

- food
- activities
- stimulation
- distractions



relatively new 'fillers'

- non-stop entertainment
- digital pursuits
- screens
- videogames

These 'fillers' not only fail to cure boredom (other than momentarily relief) but also exacerbate the flight from feeling which is the root cause.

Boredom – a natural barometer for feeling deficits
- can't feel the true nature or shape of the hole that exists within -

