

Session 3

WALKING THROUGH ALONENESS & SADNESS

*the necessary road
to individuation*

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Topics covered in Session Three

- the three initiation rites involved in becoming one's own person
- what is required to pass the tests of individuation
- the three signs of flunking adolescence
- the escalating problems of adolescent boredom, addiction & aggression
- why we need to help adolescents embrace their sadness & aloneness

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Diminished Proximity to Parents

Rite of passage	Teen temptation	Impact on parenting & teaching	Challenge for adults
SENSE of SEPARATENESS			

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uniqueness
 separateness
 aloneness
 solitariness
 differentness
 emergent self

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Diminished Proximity to Parents

Rite of passage	Teen temptation	Impact on parenting & teaching	Challenge for adults
SENSE of SEPARATE-NESS and ALARM			

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anxious
worried
emergent
self
nervous
tension
apprehensive

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Diminished Proximity to Parents

Rite of passage	Teen temptation	Impact on parenting & teaching	Challenge for adults
<p><i>SENSE of SEPARATE-NESS and ALARM</i></p> <p><i>SENSE of LOSS and SADNESS</i></p>			

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emergent
sense of loss
& sadness
self

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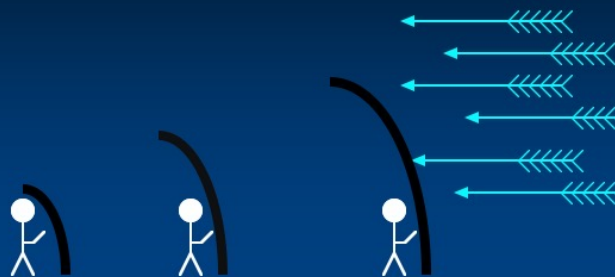
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Diminished Proximity to Parents

Rite of passage	Teen temptation	Impact on parenting & teaching	Challenge for adults
<p>SENSE of SEPARATE-NESS and ALARM</p> <p>SENSE of LOSS and SADNESS</p>	<p>defend against the feelings or the vulnerability involved</p>		

LINES OF DEFENSE AGAINST VULNERABILITY



MECHANISM of defense	numbing vulnerable feelings	tuning out perceptions that lead to vulnerable feelings	reversing instincts that set the stage for vulnerable thoughts & feelings
resulting DEFICIT	EMOTIONAL deficits	ATTENTIONAL deficits	MOTIVATIONAL deficits

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Those failing to tolerate the vulnerability involved in these rites of individuation are more predisposed to:

- **boredom**
- **addiction**
- **aggression**

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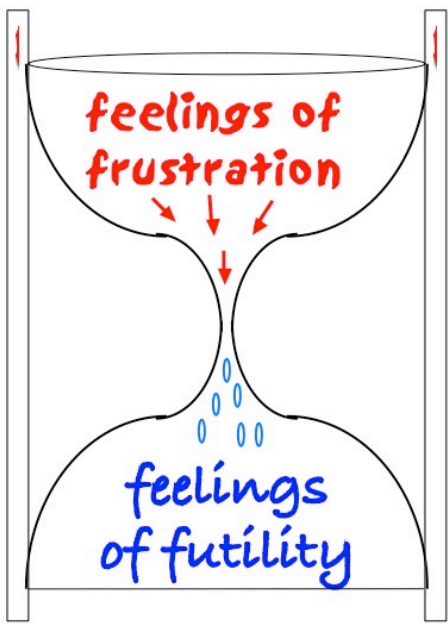
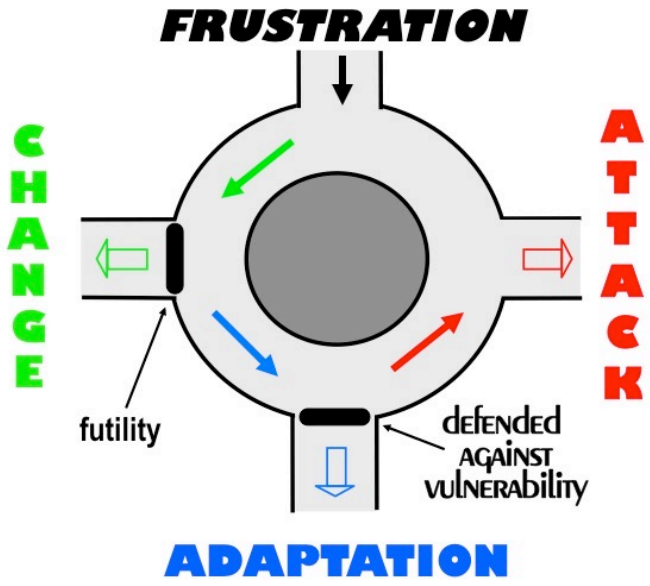
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Insights

Questions to prime personal processing

HIGHLIGHTS OF THE APPROACH

Quotes & highlights from course material

HOW THIS NEW KNOWLEDGE MIGHT CHANGE WHAT I DO

INSIGHTS INTO MYSELF

Observations from own childhood & relationships

INSIGHTS INTO CHILD/CHILDREN:

What do I see differently now?

CHANGES OBSERVED IN CHILD/CHILDREN

PRIMERS: Questions to prime review and integration

1. What is the importance of a sense of separateness in the individuation process?

2. What part do tears and sadness play in the maturation process?

3. Feelings of aloneness, alarm and sadness are hard to face; how might one defend against a vulnerability too much to bear?

4. How are boredom, aggression and addiction signs of “flunking adolescence”?

5. Why do we need to help adolescents embrace their aloneness, alarm and sadness?

6. Questions arising out of this session.

GROUP DISCUSSION NOTES

1. General discussion – review of INSIGHTS and PRIMERS.

2. How does this perspective fit or conflict with your own experiences, understanding and values?

3. What are some changes you have made to your practice that you would be willing to share?

4. Additional questions and concerns arising out of the group discussion.