

SPACE FOR NOTES

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Session 6

BECOMING TEMPERED

*the key to adolescent
balance and stability*

Topics covered in Session Six

- why adolescents need to experience inner conflict
- what happens when teens try to escape feelings of dissonance and discord
- the key to civilized and considerate behaviour
- the problems of impulsiveness and polarized reactions
- how to help teens get their balance
- the paradoxical genesis of wisdom and perspective

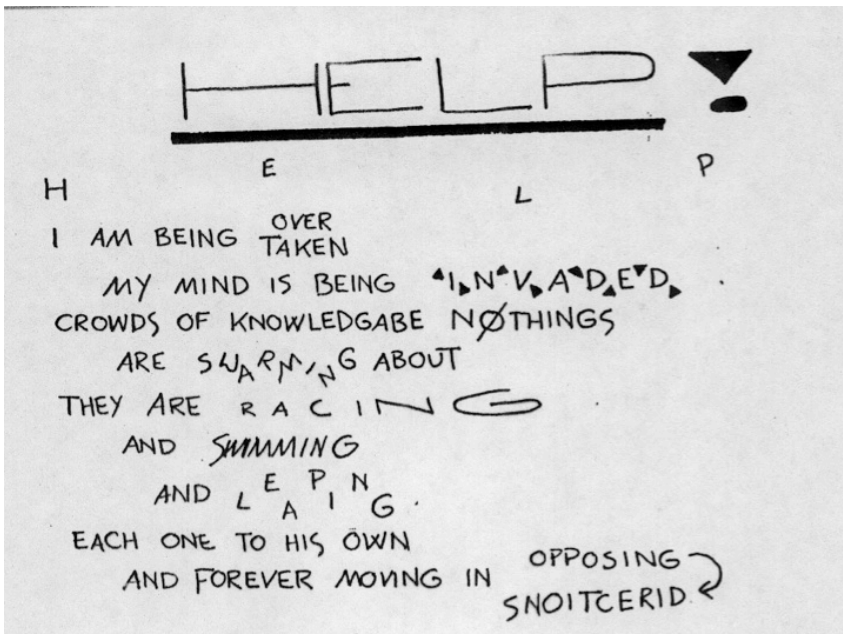
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Rite of passage	Teen temptation	Impact on parenting & teaching	Challenge for adults
<i>DISSONANCE and CONFUSION</i>			

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SNOUT CERID ←

A MASS SCRAMBLE
 IDEAS BEING SQUISHED
 ... CRAMMED INTO A TINY SPACE
 LEFT THERE TO ROT
 TO GROW MOLD
 TO GATHER DUST
 LEFT THERE TO MAKE ROOM
 FOR A FACTORY OF BEFUDLEMENT

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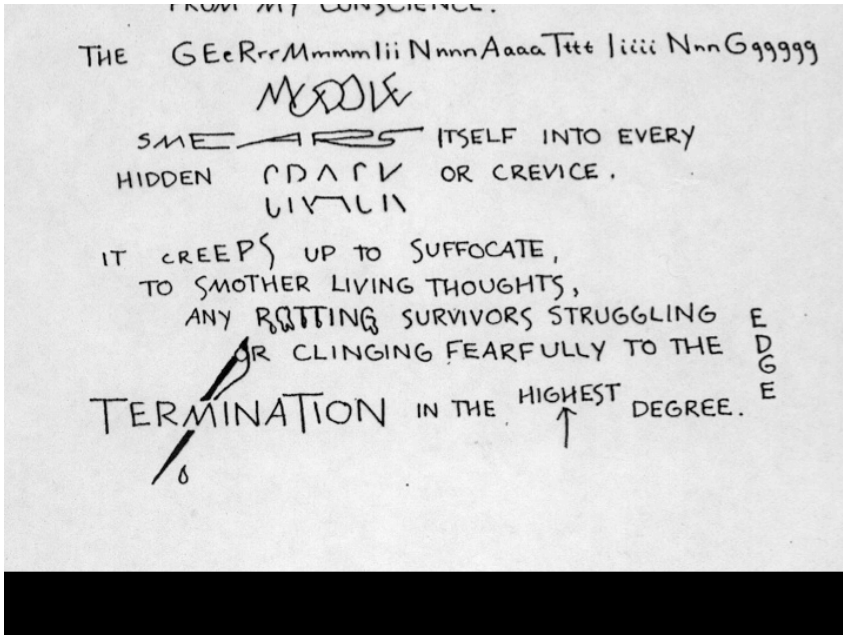
IT HAS GONE FAR BEYOND
 NOT UNDERSTANDING
 I AM IN THE DEPTHS OF DESPAIR

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BEING BOGGED DOWN
 BY CONGESTION
 AS I GROPE SO DESPERATELY FOR SURVIVAL.
 LOOKING FOR A CLEARING,
 AN ESCAPE
 A FIRE EXIT,
 A BATHTUB PLUG.
 ANYTHING TO DRAIN THE UNDESIRE
 PANDEMONIUM
 FROM MY CONSCIENCE.

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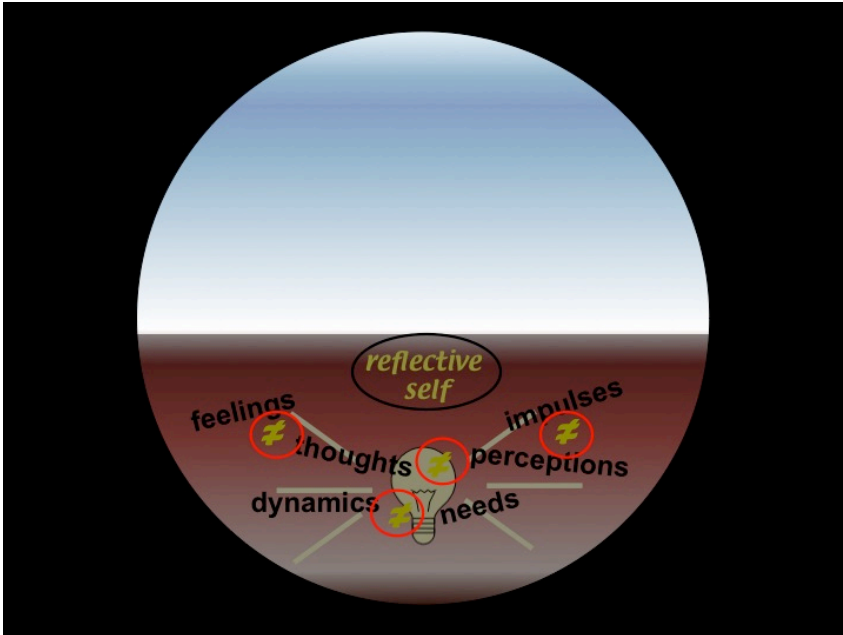
DISSONANCE & CONFUSION

... is meant to further the development of individuation as well as to promote emotional & social maturity.

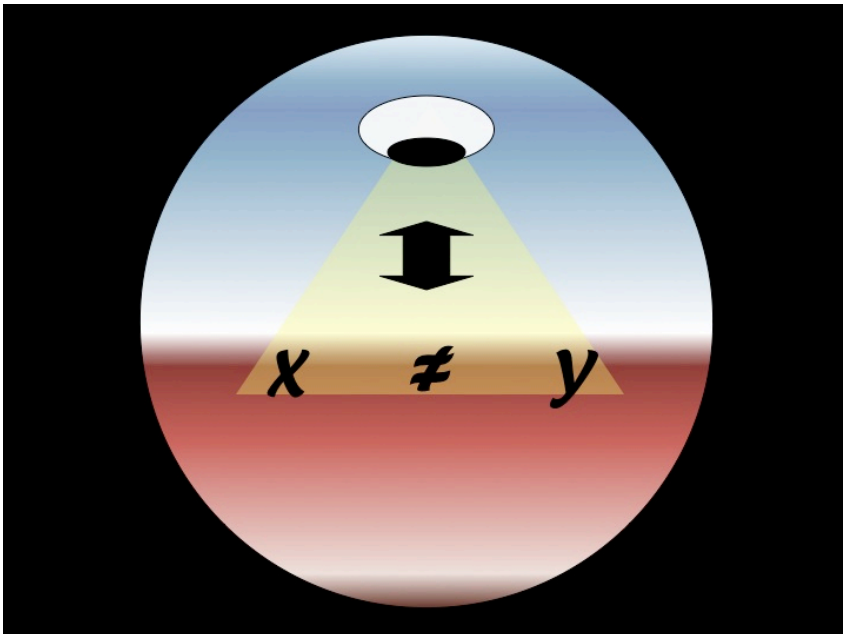
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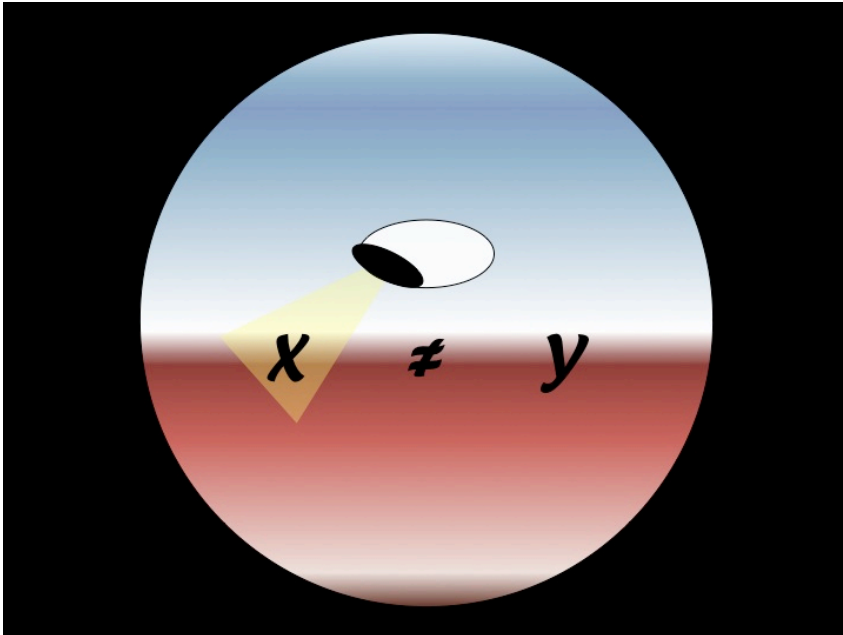


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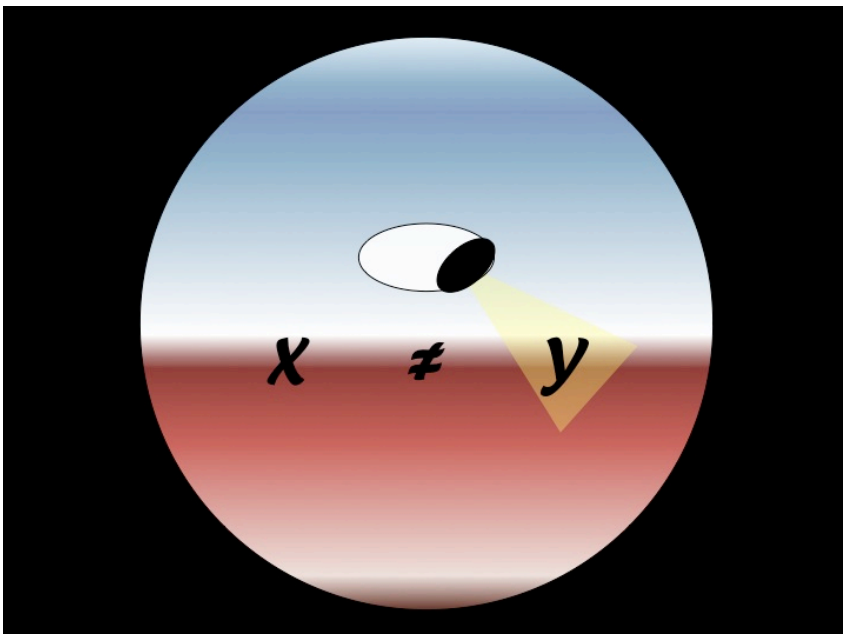


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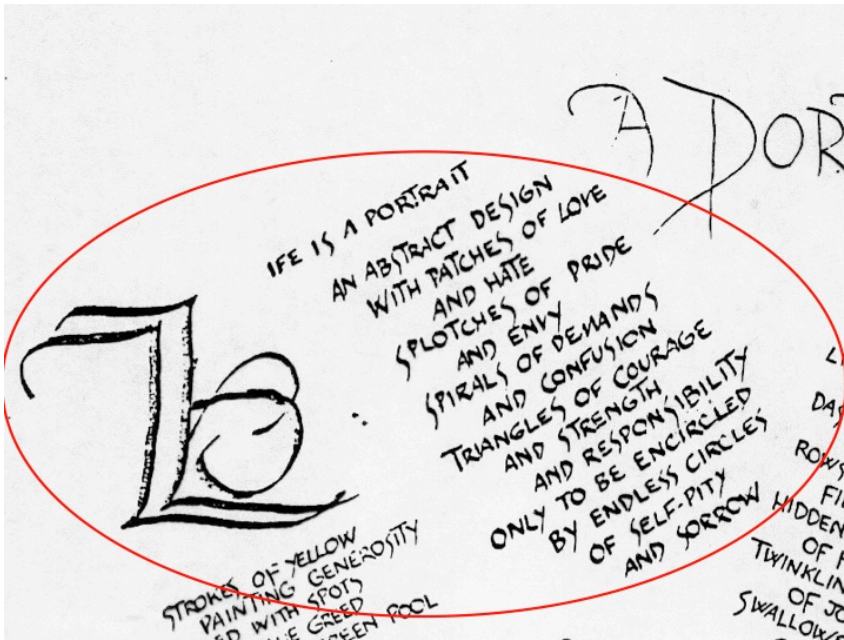


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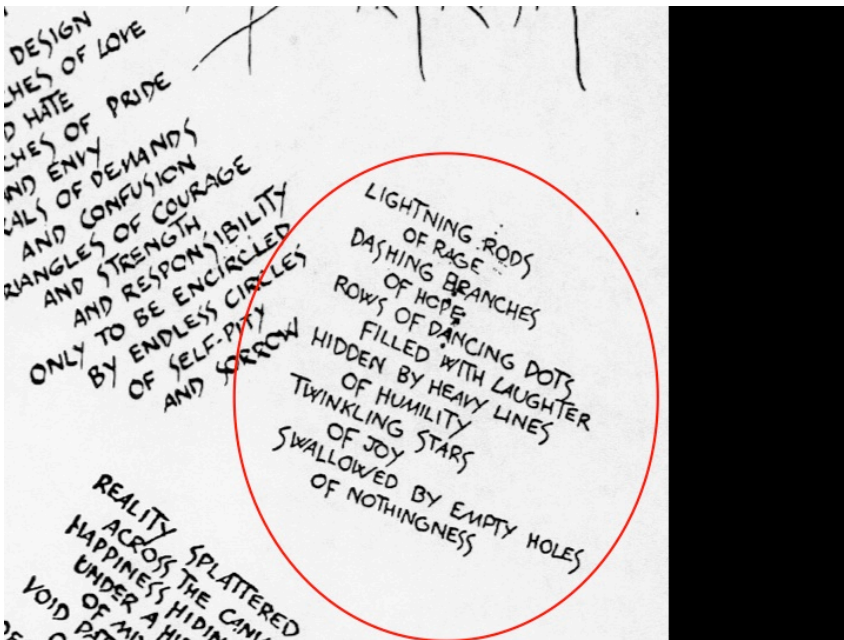


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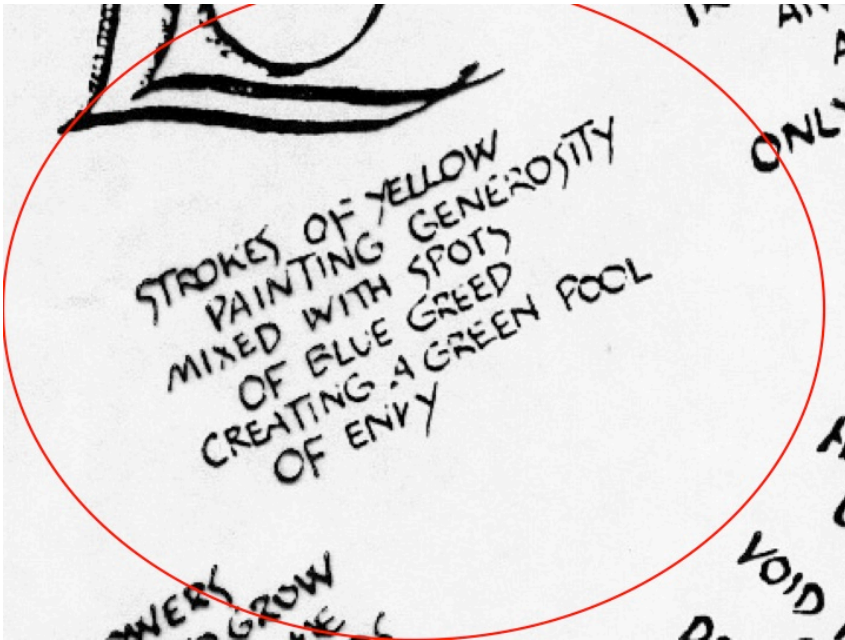


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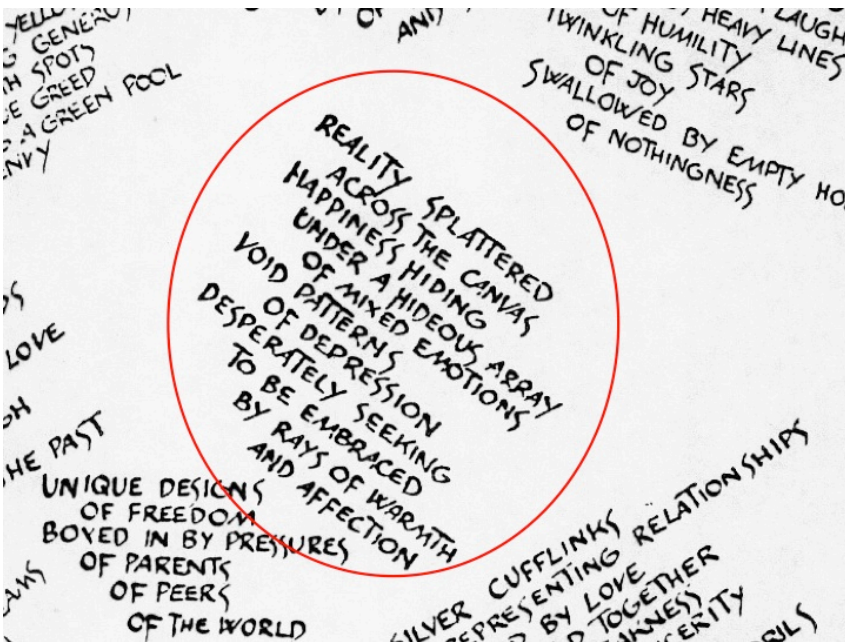


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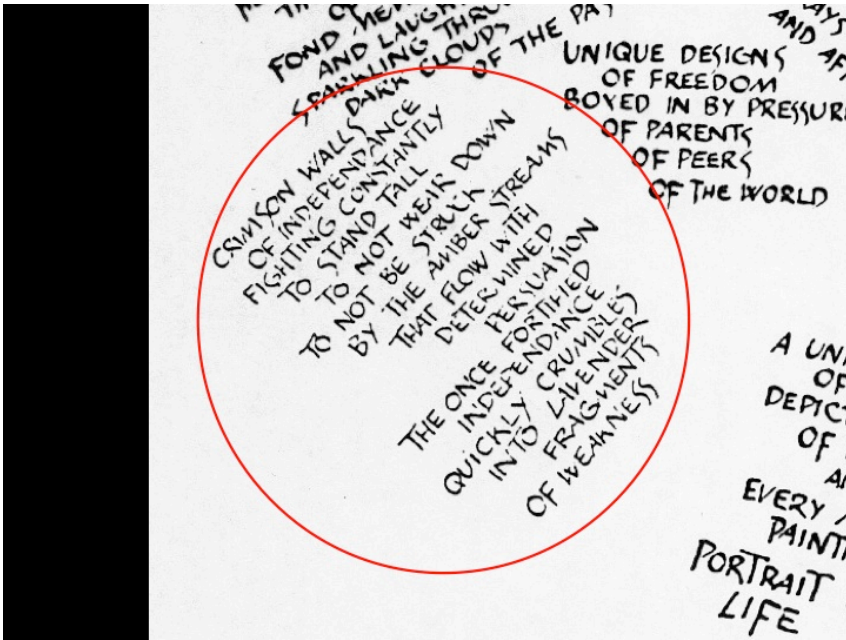


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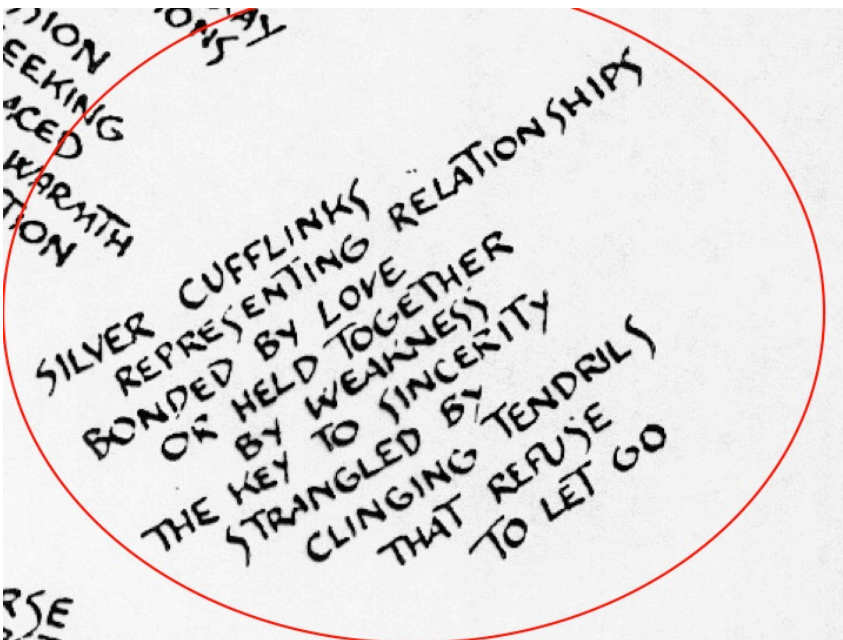


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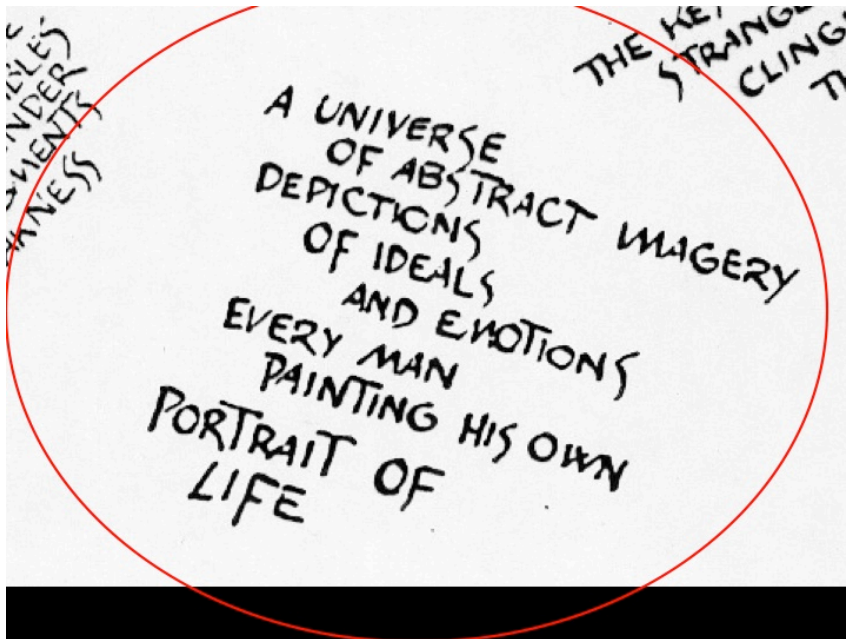


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A MATURE TEMPERAMENT

1. a reflective **CONSCIOUSNESS**
2. a **RELATIONSHIP** with **SELF**
3. the capacity for **SELF-CONTROL**
4. an ability to consider **CONTEXT**
5. **COOPERATIVENESS & CONSIDERATENESS**

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A MATURE TEMPERAMENT

- 6. a mature sense of FAIRNESS**
- 7. an intrinsic understanding of WORK**
- 8. capacity for COURAGE. PATIENCE & FORGIVENESS**
- 9. spontaneous MORAL DEVELOPMENT**
- 10. BALANCE, STABILITY and PERSPECTIVE**

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***personal
integration
prepares the
adolescent for
social integration***

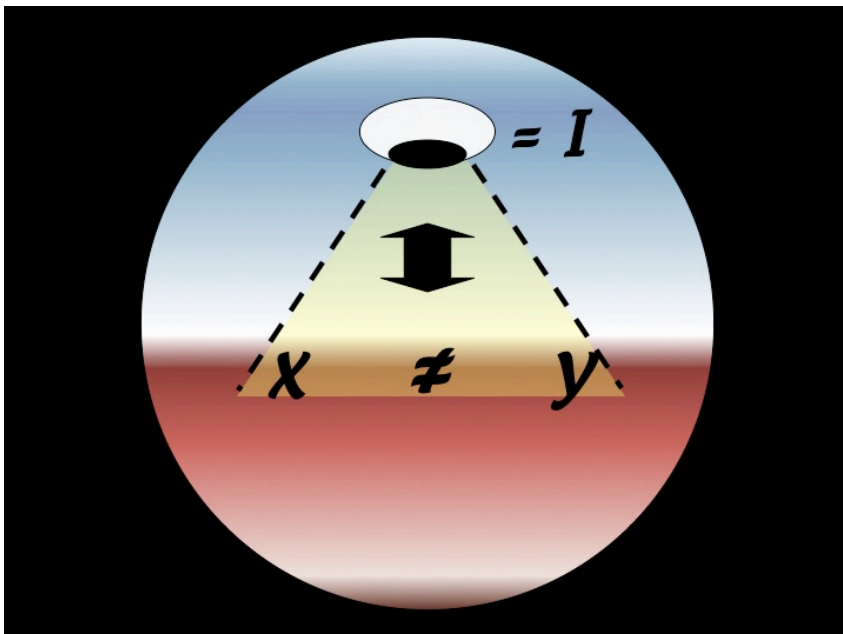
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Rite of passage	Teen temptation	Impact on parenting & teaching	Challenge for adults
<i>DISSONANCE and CONFUSION</i>	resist inner conflict		

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To fail this rite of passage is to be left with:

- 1. untempered experience & expression**
- 2. impulsive reactions**
- 3. dogmatism and black & white thinking**
- 4. mood swings & polarized reactions**
- 5. instability & lack of perspective**

Draw Out the Tempering Element

Work **WITHIN** the relationship, **OUTSIDE** of incidents and **AROUND** the edges

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- ***Assume the role of INTEGRATING POINT***
- ***INVITE 'on the other hand' feelings and thoughts***
- ***MODEL mixed feelings***
- ***AFFIRM what is present in their immediate experience before adding what is absent***
- ***Exploit the GOOD TIMES to bring up the bad***
- ***DEBRIEF when the intensity of the experience has lessened***

Insights

Questions to prime personal processing

HIGHLIGHTS OF THE APPROACH

Quotes & highlights from course material

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HOW THIS NEW KNOWLEDGE MIGHT CHANGE WHAT I DO

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INSIGHTS INTO MYSELF

Observations from own childhood & relationships

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INSIGHTS INTO CHILD/CHILDREN:

What do I see differently now?

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CHANGES OBSERVED IN CHILD/CHILDREN

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PRIMERS: Questions to prime review and integration

1. Why do adolescents need to experience inner conflict?

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2. What happens when teens try to escape feelings of dissonance and discord?

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3. What is the key to civilized and considerate behaviour?

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4. What is the temptation for the adolescent when experiencing emotional and intellectual confusion?

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5. What are the consequences if an adolescent “flunks” this rite of passage?

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6. What are the two challenges for the adults involved?

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7. Questions arising out of this session.

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GROUP DISCUSSION NOTES

1. General discussion – review of INSIGHTS and PRIMERS.

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

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

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

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