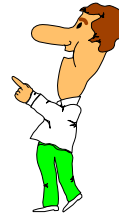
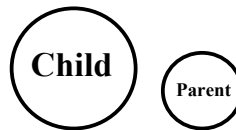


### Adolescent Behavior Learning To Control Self

Behavior is the result of how we see the world, how we see ourselves, and how we reason. That is why it comes at the end of this discussion on the perception, attitude, and thinking processes that occur in the normal course of adolescence. Let's recap these aspects and then look at behavior.

The adolescent sees the world from the perspective of the "big circle"...

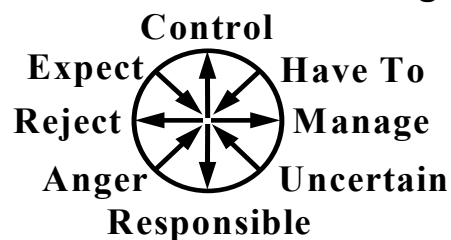


... with the necessary attitude of rebellion expressed as "I **don't have to**" so that a 'false ego' may form as a temporary self-identity...

... while learning 'how to think' about 'cause and effect', living life on life's terms, and the importance of understanding and accepting consequences.

Our behavior during adolescence is focused on learning 'how to control'. In our minds, we reverse the "little circle" of childhood and make others feel:

- You have no choice; everything is a "**have to**"
- You have to **manage** my outcomes
- You will always be made to feel **uncertain**
- You will feel responsible when things go wrong
- You will get angry
- You will feel **rejected**
- You will hear my **expectations**
- You will feel that I am **controlling** you



This rebellion, which certainly looks like it is directed at others, is actually a first attempt at self-control. We swing the pendulum of our childhood perception of 'being controlled' to the opposite extreme.

If the adults around us have a clue that this is the beginning of self-definition, and provide the structure of consequences, everyone can survive the stage of adolescence.

**(Excerpt: Resolving Stress and Conflict in Relationships, Chapter 1)**