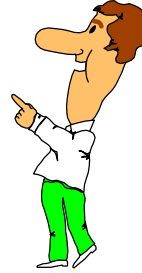
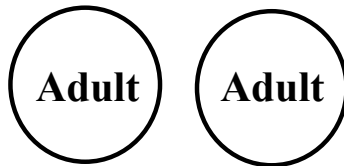


## Parallel Learning Technology

### Independent Adult Thinking Self-Awareness, Acceptance, and Value

What we experience in life is determined by ‘how we think’. If our thinking is based on love, we experience awareness, acceptance, and value. If our thinking is based on fear, we experience hurt, guilt, and shame. Lets see how this applies the stage of independent adulthood.



The transitional passage gave us the perspective of being ‘different but equal’ to our parents. As we move into adulthood, we transfer this perspective of equality to others.

Our sense of who we are and who we are not continues to grow. We begin to think beyond ‘how we feel’ and can make decisions that don’t always feel good.

Our reasoning process reverses that of childhood and adolescence. We make decisions, which result in taking action, and these actions result in appropriate feelings.

As we have more self-definition, we are willing to ask for feedback from others. We are able to hear criticism of our decisions and not take it personally.

The dimensions of provide, protect, and compete are balanced with creativity, compassion, and supportiveness for self.

The experience of self-love as attention, respect, and appreciation expand to include self-awareness, self-acceptance, and self-value.

**(Concepts from Passage to Adulthood, Chapter 6)**