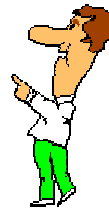
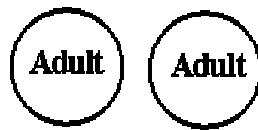


# Parallel Learning Technology

## Independent Adult Personal Power

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 becoming an independent adult. Let's recap these aspects and then look at behavior.

The independent adult transfers their perception of being "different but equal" to their parents, to include equality with other people; ...



... by giving expression to their attitude of true self-identity as "I have something to contribute"; ...

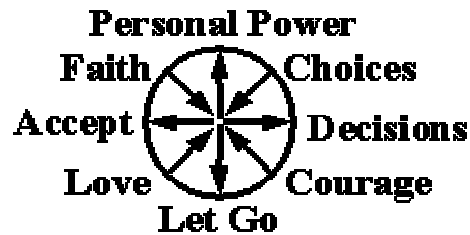
... and reversing the adolescent thinking process (limited to 'how I feel') to include asking for and accepting feedback.

Our behavior takes a dramatic shift within this stage of growth because feelings no longer control our decision-making process. Self-authority, self-responsibility, and self-accountability have become part of our reasoning skills:

- Self-authority is the ability to make right decisions.
- Self-responsibility is the ability to take action on these decisions.
- Self-accountability is the ability to accept consequences.

We can now make the total conversion from the cycle of control to the perception of Personal Power:

- We have choices
- We can make decisions
- We experience courage
- We can let go of the past
- We can give and receive love
- We can accept self and others
- We can live from faith



We are able to perceive the world through new eyes of

- Attention - a process of not judging but seeing things as they are
- Respect - a process of not trying to change people, places, and things but accepting these as they are
- Appreciation - a process of not devaluing but placing value on all of life's gifts

We are now able to meet our basic human needs for survival, freedom, usefulness, love, and self-identity, independent of other people.

We can meet these needs by integrating six behavioral characteristics:

- To provide for ourselves balanced with creativity
- To protect ourselves balanced with compassion
- To compete by doing our best balanced with support

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