

Parallel Learning Technology

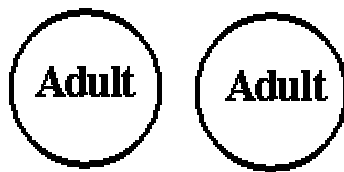
The Power of “ I “

There are five stages we pass through on our journey to emotional maturity:

- Childhood
- Adolescence
- Transitional Passage
- Adult/Independent
- Adult/Interdependent

All of these stages are essential to living a healthy and fulfilling life. Each stage adds a unique dimension to the process of growing up.

Let's summarize the perception, attitude, thinking, and behaviors that go on during the stage of adult/independent and look at the importance of having a true self-identity.



The perception of life we have during this stage is that we are 'different but equal' to others. We have made the transition from being different (separate) from our parents to being "different but equal" to other people.

This concept of emotional equality allows us to focus on self-identity. We begin to form the attitude of, "I want to contribute."

Our thinking process matures and goes beyond how we feel. We can actually make decisions and take action on things, even if they don't FEEL good.

Self-authority, self-responsibility, and self-accountability begin to influence our reasoning process.

Our attention is now on 'how we are different' and 'what we have to contribute'. Our behavior shifts from the cycle of control and we start enjoying the more successful aspects of Personal Power.

Now we begin to join other people—but as a whole person. We don't join coming from dependence, but rather from independence.

All of these dimensions converge and result in the continual development of self-identity.

So what is this thing we call self-identity? Is it important?

Self-identity is all about how we see ourselves. It is about having our insides and our outsides match. It is about no longer acting differently; depending on whose company we keep.

With a clear sense of 'who we are' and 'who we are not':

- We can get what we want in life, starting with figuring out what that even is.
- We can take care of ourselves—physically and emotionally— independent of others.
- We can seek other people's opinions but not have these control us.
- We can develop the focus we need to stay on track with our goals.
- We can get free of the hurt and guilt that slow us down.
- We can have creativity and intuition active in our lives.
- And the list goes on and on...

Life Skills U provides the educational foundation necessary to evaluate where we are in relation to the development of self-identity. This coaching process provides the necessary support for integrating adult perceptions, attitudes, thinking, and behaviors into our everyday lives.

Self-Identity, Don't Leave Home Without It!

(Concepts from Passage to Adulthood, Chapter 6)