

# Parallel Learning Technology

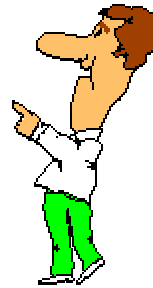
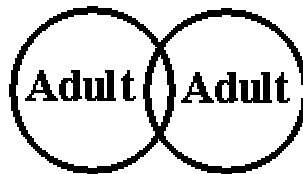
## The Power of “ We ”

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 culminate at the stage of adult/interdependent and look at the importance of 'Joining With'.



The perception of life when we reach at this stage is “Equal but Different”. We shift from the focus on “I” to that of being a “We”.

We look at others with an attitude of, “I want to participate.” Now self-identity results in true self-esteem.

Our thinking process is fully matured by adding emotional self-control to the trio of self-authority, self-responsibility, and self-accountability.

Our attention is ‘how we are the same’, rather than ‘how we are different’ from others. Now people can join us and the exchange of empowerment becomes part of a natural flow in our relationships (behavior).

This stage of interdependency is the goal of growing up. We are designed for interdependent relationships. They are natural to us.

You have probably heard people say, “I’m just not built for relationships” or “I’m just a loner.” While we can be sympathetic to the feelings being conveyed, these statements are just not true.

We are all capable of creating and maintaining interdependent relationships in our lives—the mutual exchange of creativity, compassion, and support—through a process of joining.

We don't have to learn how to 'Join With", we simply have to stop doing the things that prevent this natural process from happening. We need to STOP:

- Viewing others from the perspective of INEQUALITY
- Seeing ourselves from the "TRUTH DECAY" left over from our childhood
- Allowing our thinking to come from FEAR
- Relating to others from the triggers of CONTROL and manipulation

When we see life through the eyes of EQUALITY, see ourselves from our deep SELF-TRUTH, allow our reasoning to be guided by LOVE, and relate to others by JOINING; life becomes a wonderful adventure of discovery.

Life Skills U has developed an educational coaching process called Stop 'n Start™, which provides the information and support necessary to STOP doing those things that limit our relationships and START doing those things that guarantee successful and fulfilling relationships.

Let us know when you are ready to START STOPPING!

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