

The Weekly Skillet

Serving Up New Choices For Your Life!

Volume 1
Issue 19

July 10, 2002

The Main Course



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Adolescent Thinking Love as Consequences

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 adolescence.

Our mental process in adolescence is much the same as it was in childhood: Feelings lead to decisions and these decisions result in action.

But what does change during adolescence is our relationship to the five basic human needs for survival, freedom, usefulness, love, and identity.

In childhood, survival and love were at the center of our 'thinking' process. As we enter adolescence, freedom becomes paramount.

This happens because we begin to experience the three building blocks for emotional maturity:

- Self-authority—the ability to make our own decisions
- Self-responsibility—the ability to take action on these decisions

- Self-accountability—the ability to accept the consequences of these actions.

Accountability is the key ingredient here. Our ability to begin living life on life's terms starts with our understanding and acceptance of consequences. This is how we begin to get a clue that life is all about cause and effect.

We begin to learn that feelings cannot always dictate our actions. We begin to learn that thinking and reasoning things through to their logical conclusions is part of maturing.

If our need for freedom is respected by the adults around us; and we are held accountable for the consequences of our actions—our thinking process comes from love.

If the adults around us do not come from their own sense of self-authority, self-responsibility, and self-accountability, our thinking process begins to get infected by fear.

**(Concepts from:
Passage to Adulthood,
Chapters 1 an 2,
and
Kids Don't Come with an
Owner's Manual)**

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