TO THINE OWN SELF, BE TRUE!!

Or Am I Really Acting Like A Two-Year-Old?

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To thine own self, be true. We all have heard this or similar statements, such as "The Truth Will Set You Free." Socrates, a Greek Philosopher, made the statement, "The unexamined life is not worth living."

In connecting these thoughts, you have the ingredients for facilitating worthwhile and lasting change in your child's life.

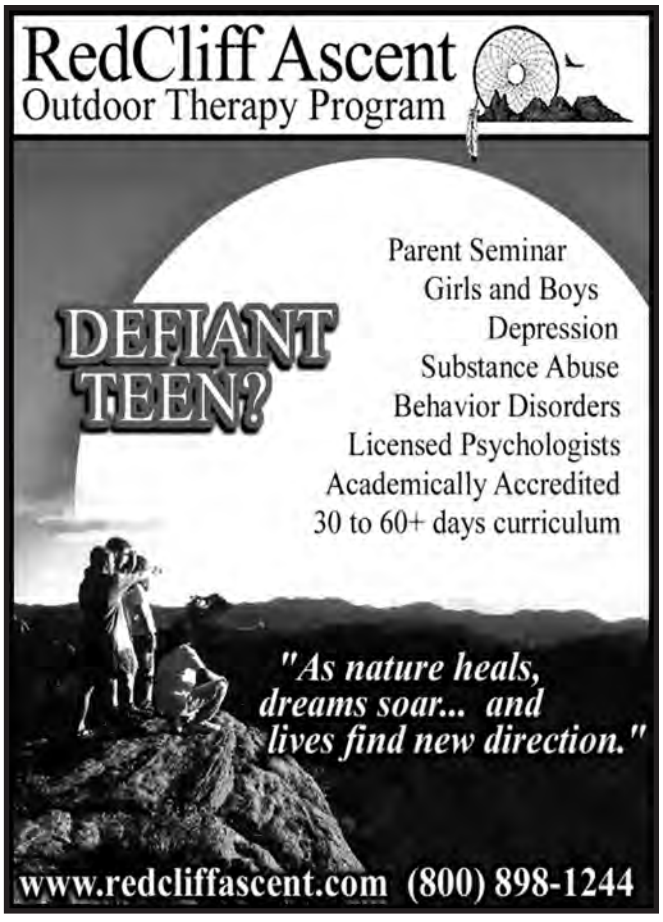
From the time of our birth until the day we die, we go through developmental stages of emotional and psychological growth, and it is important to meet each milestone as it arises if we are to be prepared to meet future milestones. Unfortunately, most people do not meet these naturally occurring milestones in each stage adequately, which explains why it is not uncommon to see a 15-year-old behaving like a toddler emotionally when he or she does not get what they want. A two-year-old goes through a developmental phase where he or she tries to get what he/she wants by "pitching a temper tantrum", which if successful reinforces the negative behaviors. Consequently the child fails to reach the next stage of more mature emotional and psychological development.

As life goes on, this child grows into an adult who never learned how to achieve the emotional and psychological development needed to find healthy and satisfying ways of dealing with life's problems. If these problems go unattended, the consequences persist and usually get worse, thus the importance of recognizing and correcting this problem at an early age.

Although self-help techniques are available, in most instances these self-help models do not offer the supervision and structure adolescents need to succeed. Even though it is up to each individual to make the necessary changes and put forth the effort to create a healthier lifestyle, the adolescent needs help to do that. Emotional growth programs for youth are the best way to help with these phenomena because they utilize concepts such as experiential learning in a structured and supervised setting.

For several years I worked in an Outdoor Therapeutic Program (OTP) where young males lived in peer

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