

**BUILDING RESILIENCE (emotional & mental strength)**

**Session 8. Value and Integrity**

**Notes**: “Wow” moments (make a note of the things which make you “click”…ie “wow moments” eg. key ideas, thoughts or statements – you can then refer to them in future)

**5 Step decision making process**

Chang (2012) suggests the first thing to do is Frame the decision:

- Understand the situation

-state what the issue is, where and when it occurs, and who it involves

-identify if there is a pattern

-identify the outcome you would like to see

2. Next go through the process of:

Gathering information that will best help you bring about the outcome you wish

Come to a conclusion - this may also include seeking advice from others

Make the decision

Learn from feedback - and in particular, focus your reflection on the process outlined here rather than the outcome alone. If it didn't turn out the way you liked, ask yourself for example "Did I miss something" in the gathering information stage", or "did I ask the wrong people"..."or the wrong questions..." or "did I need to ask at all?"

**What Is The Job Of The Prefrontal Cortex?**

The human brain develops from back to front, so the pre*front*al cortex develops lastly.  This part of the brain manages processes such as:

* reasoning
* logic
* problem-solving
* planning
* memory
* focus and attention
* developing and carrying out goals
* stopping your impulses
* developing your personality

So you can see that if the child’s prefrontal cortex is the last to develop, a lack of these skills could make meeting adult expectations a challenge in some cases.

Yes, it’s that important BECAUSE the Prefrontal Cortex has a Profound Impact on Behaviour:

If you are under 25 you may believe That Everyone Shares YOUR Thoughts, Beliefs, Or Feelings.

This is not selfish.  Young children are not able to understand the points of view of others.  **This may even explain people who are 25 years old…especially if they haven’t been taught!**  They may realize others’ feelings, but it is a challenge for them to realize what should be done about these feelings.  For example, if Dad is upset, his child may give him a pacifier. OR if YOU at the age of 22 is upset, you may feel that soothing yourself with food – if that was what was always given to you – is the easiest (or only) solution. Hopefully these sessions allow you to realise there is more to us than simple positive reinforcement.

When we claim our responsibility for consequence and outcome – we claim our power!

We have to learn to make healthy decisions on our own to develop self-discipline.  If we are enabled by someone who does it for us – it won’t count. This is why, if you ALWAYS give in to friends having psychodramas and help them…all you are teaching them is that they don’t need to learn – you’ll solve their problems for them.

Without a fully developed pre-frontal cortex we focus on only one aspect or object.  When multiple events or objects of importance become involved, our brains are challenged.

*Put on your shoes. Then, get your bag.  Then load up in the car.*You might do the first and think you’re done. That’s because you have focused on one aspect.

Unfortunately, the fact the pre-frontal cortex takes so long to develop is why adolescence (10-19) is the easiest time of life to develop an addiction. This is a time when kids start to experiment with things. Though they may believe they’re just going to try something it can become a habit and then an addiction due to lack of logic, reasoning and impulse control – which the PFC would give.

Explaining and sharing this information now about the development prefrontal cortex may help you understand, but also better regulate your behaviour.

***WHAT DRIVES YOU exercise***

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| --- | --- | --- | --- | --- |
| **OBJECT you need to function** | **PERSON who made you what you are** | **PLACE that holds a happy memory** | **GOAL** | **MEMORY YOU WANT TO RETAIN – like the BLUE column – these can be positive or negative** |
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**YouTube: Dr Audrey Tang https://www.youtube.com/channel/UCnn8-Waxrg6TmuNPHL1NQmg?view\_as=subscriber**

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