



Language of the Heart™

"Counseling and teaching for healing and feeling"



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Ever wonder about the real you, and if you are a 'diamond in the rough?'

Teenagers are often great examples of "diamonds in the rough"

As teenagers, famous and exceptional people like Oprah Winfrey, Albert Einstein, Greg Lougalis and Whoopi Goldberg were all diamonds in the rough

Did you know Oprah grew up in poverty? As a teenager, Oprah moved to her mother's from her grandmother's and then ran away. She had several rough patches but eventually decided to put her energy into her schoolwork and excel.

Teenagers in trouble are perfect examples of diamonds in the rough or an identity crisis in action. If you know a teenager who is running away, stealing, smoking pot or having major tantrums you've witnessed and possibly felt the effects of their confusion and angst. I once asked a teenage boy in a correctional center what he thought adults needed to know about kids. He said (they) "need to understand there's a reason for why kids do what they do," and he was right.

Most of the time teens have no idea why they act the way they do, regardless of the reasons they may give for their actions or how purposeful it may look on the outside. They need interventions that help them not only experience consequences but understand themselves and their great potential in a positive and expansive way. There are many exceptional people who must have had this type of support to discover the diamond inside of them--Greg Lougalis, an Olympic winning diver, and Whoopi Goldberg were both labeled with ADD!

The difficulty with helping teens find their "real self" is that their elusive real self probably started to veer off track at preschool age or younger. When this happens, very few people remember or have experienced what their real self may be like. Children then get defined as "difficult, moody, shy, too sensitive" or maybe even "lazy," or we call them "ADD, EBD, ODD or SED!" Although *some* of these descriptors have their place, none of them help a child find his or her core self.

Had Albert Einstein thought of himself as a rebel *without* a cause rather than a rebel *with* one, he could not have made the contributions he has made to our world and our understanding of it. The same is true of your teenager or the teenagers you may know or work with. We all need to be inspired to think of ourselves in a bigger way, while being asked to stop anything that may be destructive to ourselves or others.

Make life a collection of treasures...

Paint a bigger picture for yourself and any teenager you may know

Painting a bigger picture for yourself or someone else is akin to remembering that the sun still exists when it's raining, or thinking that soon you will discover a personal treasure box. You can't see it or feel it directly, but you trust or remember that it's there.

My mother, Miriam, is a good example of someone who can see the bigger picture. A year ago she was in a car accident, had several surgeries and was one week shy of and driving, when the plate in her leg broke. It turns out there is still one fracture that is still healing so she is scheduled for yet another surgery. During the shock and disappointment she made some calls, yelled at a nurse and some doctors and had a tough time accepting all of it, including a delay before surgery could be scheduled.

However, once she moved back to her core self, she was able to call to mind that she recovered well from the first surgeries, had lots of support, and has an excellent surgeon. The bigger picture will carry her through and is her core, strong self. Had she stayed with the shock or disappointment or begun to call to mind any previous disappointments and hardships in her life, she would have been feeding her false self, or the wounds she has experienced along life's bumpy path.

Want to try something at home for yourself or someone you love? Start a 'real you' treasure box. Put in it loving notes or letters from people you admire and who have been kind to you, pictures of favorite spots, flowers, pets or family, and generally fill it up with pictures and even perfumes and things that make you feel good, and give you that bigger picture. Write a list of qualities that are your best qualities, and learn to strengthen them. Learn to find the treasure inside of you, and it will truly begin to shine.

Amy does offer a workshop called "Opening Your Heart" designed to strengthen the real you. This workshop can be offered to your group or in your area by contacting Amy at:

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