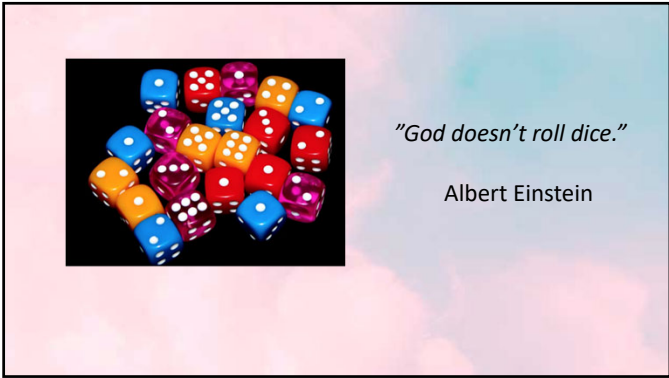


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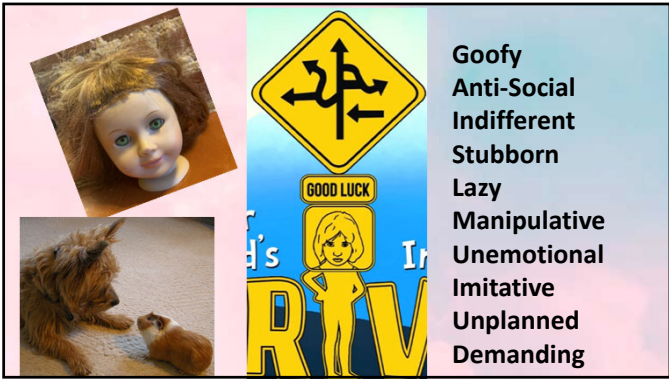
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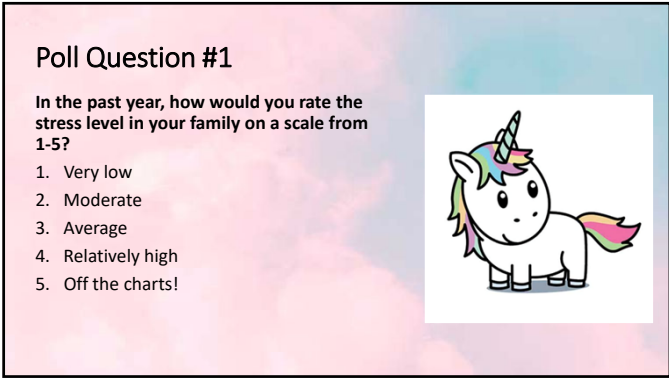
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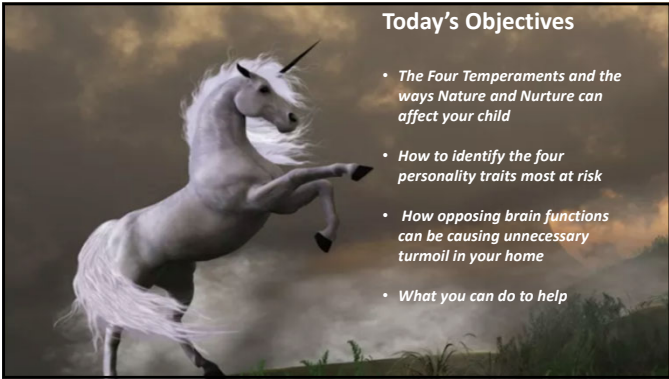
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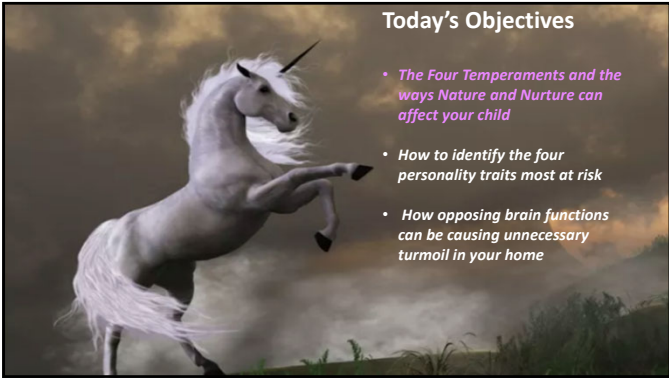
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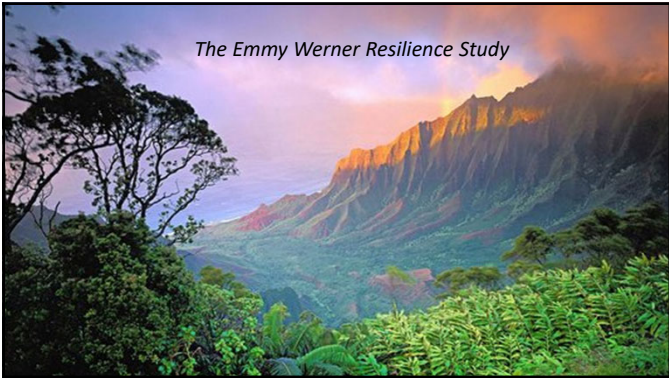
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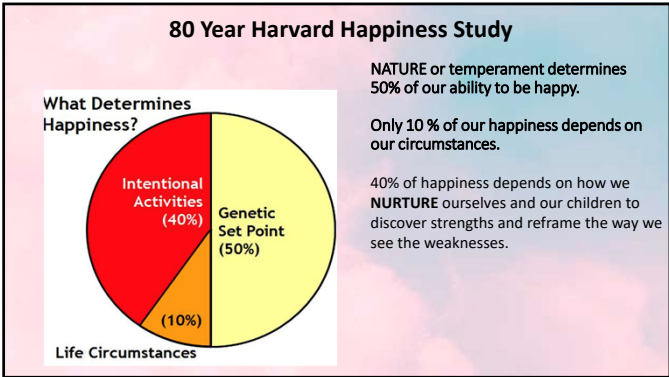
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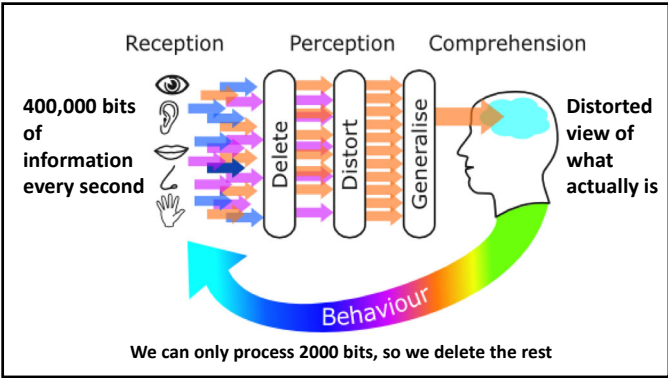
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11

*Your job as a parent is to teach your child **who they are**, since society tends to focus on **who they aren't**.*

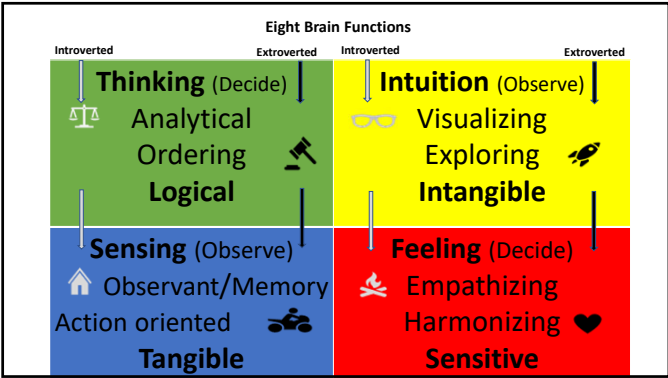
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13



14



15



8 Functions in all

Thinking	Intuition	Sensing	Feeling

We Each Have Four Passengers

Driver

Co-Pilot

10-Year Old

Infant

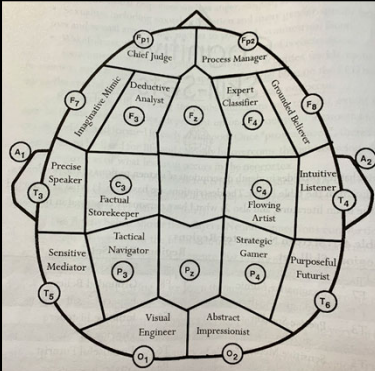
80% of our personality

Relief

Stress

We all prefer four of the eight brain functions in descending order from our favorite to our most under-developed, like front seat and back seat passengers in a car. Two of the passengers are introverts and two are extroverts.

16

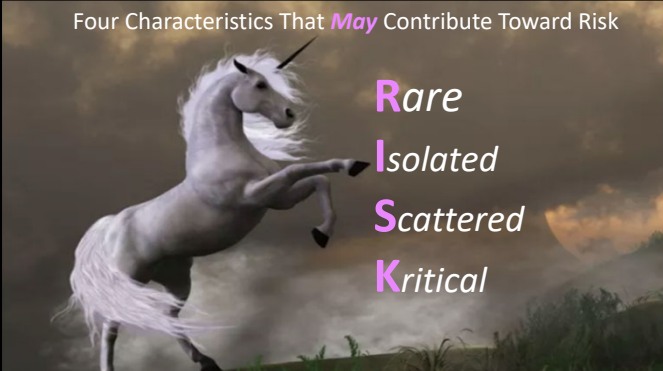


EEG maps of the brain show 16 cognitive skill sets which reflect Carl Jung's 8 psychological functions.

Thinking (Decide)	Intuition (Observe)
Analytical	Visualizing
Ordering	Exploring
Logical	Intangible
Sensing (Observe)	Feeling (Decide)
Observant/Memory	Empathizing
Action oriented	Harmonizing
Tangible	Sensitive

17

Four Characteristics That *May* Contribute Toward Risk



Rare

Isolated

Scattered

Kritical

18



19



20



21

Poll Question #2

Which activity did you prefer?



1. Activity one

2. Activity two








22

ESTP








8 Functions in all

Thinking Intuition Sensing Feeling








ESFJ







ENFJ





ENFP



23

Sensing



Ox, Rule Follower, Security, Home

Lion, Freedom, Courage

86%

INtuitive



Human, Relationships, Meaning



Eagle, Intellect, Proud, Independent

14%

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Sensors and iNtuitives


S-Sensor Se (gather facts) Si (organize facts)	N-Intuitive Ne (gather patterns) Ni (organize patterns)
what is and was (present and past)	what if, what does it mean? (future)
concrete, literal, factual	abstract, figurative, fictional
specific, detailed	general, big picture
imitative	inventive and original
observant	introspective
reality	ideas, patterns
content	idealistic, high expectations, restless
craves enjoyment	craves inspiration



How to Help

- Help them practice being in the present moment. Apps like Headspace
- Realize their imagination is VIVID
- Brainstorm coping strategies
- Educate them about their temperament so they know they are not "weird"
- Help them find others with similar temperaments


25



At the 59th GRAMMY Awards, Twenty-One Pilots won their first career GRAMMY for **Best Pop Duo/Group Performance** for "Stressed Out".

The Judge
*"But I'm not good with directions,
And I hide behind my mouth. I'm a
pro at imperfections, And I'm best
friends with my doubt, And now that
my mind's out, And now I hear it
clear and loud, I'm thinking, 'Wow, I
probably should've stayed inside my
house.'"*

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Rare
Isolated
Scattered
Critical

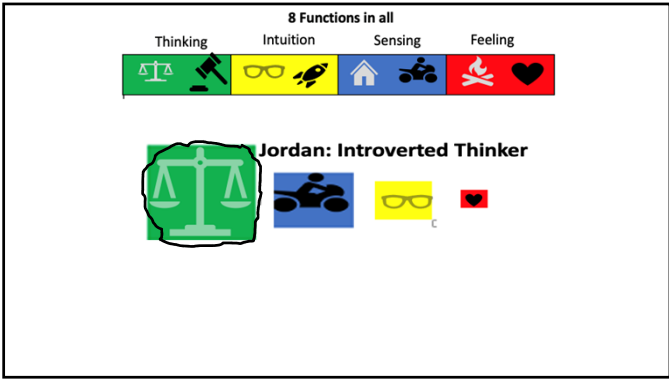
27

wendy@wendygossett.com

9



28



29



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8 Functions in all





Thinking

Intuition

Sensing

Feeling






Jordan: Introverted Thinker

The brain function you prefer as your driver is what determines whether you are an introvert or extrovert.

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ME AT PARTIES



1. Intimate Connection:

Needing a close confidant who knows you and loves you for who you are. A spouse, parent, sibling or best friend

2. Relational or Social Connection:

Needing the kind of friendship where you spend time with someone during weekends or evenings.

3. Collective Connection:

Needing a community with a shared mission or that shares your same interests. Parents of friends, youth leaders, church groups, school clubs,

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Poll Question #3

Which of the three forms of connection do you need?

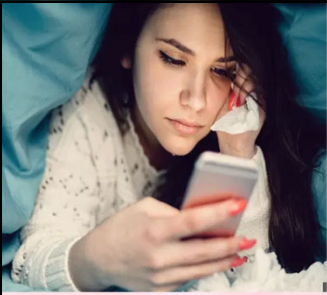
1. Intimate only

2. Intimate and Relational only

3. All three



33



Our teens spend nearly nine hours a day on their phones.

How to Help

- Enlist apps like Offtime and Moment to track and manage your teen's time on social media.
- If your child is depressed, consider a social media hiatus, making sure that they still have access to their close friends.
- Be sure your introvert has other activities or hobbies they can do in their free time.
- The resilient kids in the study all felt they had a special talent. Scrolling is not a special talent.

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How to Help

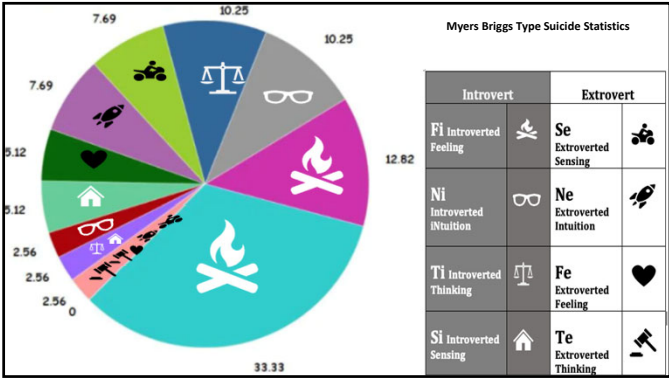
Screen (21 Pilots)
*While you're doing fine, there's some people and I
Who have a really tough time getting through this life
I'm standing in front of you
I'm trying to be so cool...*

"When you meet someone for the first time, you aren't meeting **them**, you're meeting their representative."

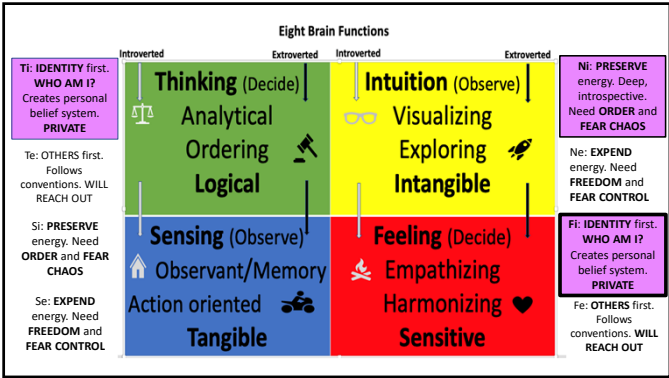
-Kevin Hart, comedian



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Poll Question #4

How do you view this stress/anxiety?

- Bad. I need to figure out how to bring back peace!
- Not great. But it's inevitable with kids and jobs.
- Good. We embrace the stress!



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READY FOR SOME LIFE CHANGING GOOD NEWS?

*Stress isn't bad for you or your child.
It is the BELIEF that stress is bad for you!*

- Blood vessels constrict when your brain says the stress is bad, leading to 182,000 stress related deaths in an 8-year study of 30,000 participants
- Knowing your pounding heart and rapid breathing are carrying more oxygen to your brain to help you overcome the stress will cause your blood vessels to relax and simulate joy or even courage.
- The participants who viewed stress as helpful had **NO INCREASED RISK** of death from stressful events
- Stress can even make you more social

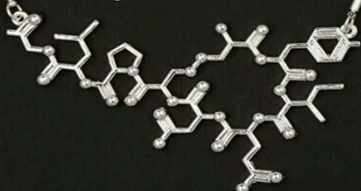
From Health Psychologist Kelly McGonical Ted Talk: *Make Stress Your Friend*

39

OXYTOCIN

The "cuddle" or "bonding" hormone.

Oxytocin is associated with orgasm, pair bonding and maternal behaviors.




- Released during stress just like adrenaline.
- Fine tunes social instincts
- Craves physical contact, empathy, health and support
- Protects the cardio-vascular system
- Enhanced when you reach out to others or help others during stressful times

40

Poll Question #5

How many times a year does your family volunteer to help others?

- Once a week or more
- Once a month
- A few times a year
- Hardly ever



41

The Run and Go

Don't wanna call you in the nighttime

Don't want to give you all my pieces

Don't wanna hand you all my trouble

Don't wanna give you all my demons

You'll have to watch me struggle from several rooms away

But tonight I'll need you to stay

Migraine

Am I the only one I know?

Waging my war behind my face and above my throat?

Shadows will scream that I'm alone

But I know we've made it this far, kid.

Asking for help, giving help and using WE are keys to battling anxiety.

You are NOT ALONE!

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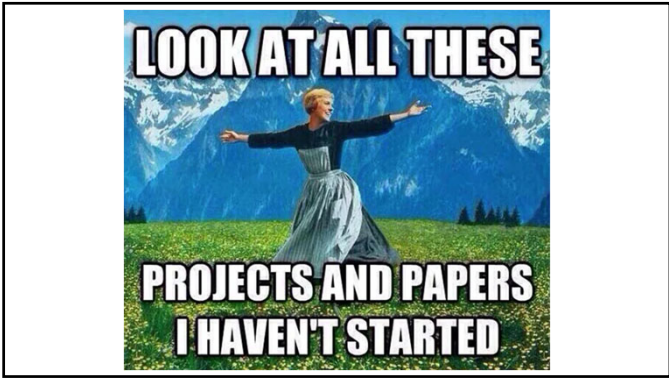


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Perceiving or Judging
We live in a Judging Society

Observer or Perceiver P	Decider or Judger J
spontaneous	planned
flexible procedures	solid procedures
change	routine
freedom	structure
out of the box	within the lines
experience it	control it
relaxed	hurried
start it	finish it

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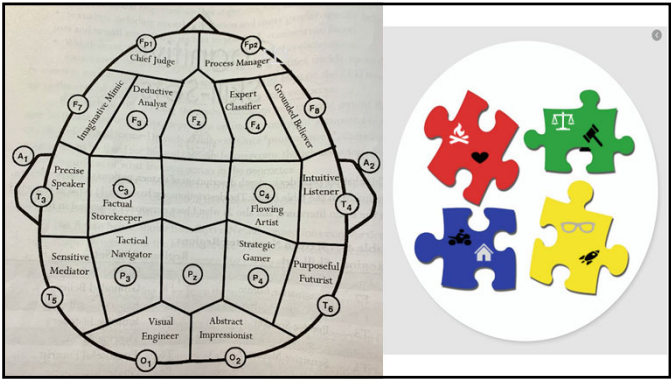


45

Seven Executive Functions

- **Self-awareness**
- Inhibition (Unable to relax)
- Non-verbal working memory
- Verbal working memory
- Emotional self-regulation.
- Self-motivation
- Planning and problem solving

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How to Help

Holding on to You
You think twice about your life, it probably happens at night, right?
Fight it, take the pain ignite it
Tie a noose around your mind loose enough to breathe fine
And tie it to a tree, tell it "you belong to me!"
This ain't a noose this is a leash
And I have news for you, "you must obey me!"
We're broken people.

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51

Thinkers and Feelers

Thinker Te (others above identity) Ti (identity above others)	Feeler Fe (others above identity) Fi (identity above others)
black and white	gray
restrained	affectionate
laws, rules	social and personal values
justice and fairness	mercy and understanding
rigid	amiable
critique first	appreciation first
thick skinned	thin skinned
head	heart
systemize	harmonize



Tough and PRICKLY a kids



Tender and more agreeable

52

How to Help



Migraine


Behind my eyelids are islands of violence
Full of tidal waves, suicide crazed lions
They're trying to eat me, blood running down their chin
And I know that I can fight or let the lion win
I begin to assemble what weapons I can find
Cause sometimes to stay alive you gotta kill your mind

Car Radio

There are things we can do
But from the things that work there are only two
And from the two that we choose to do
Peace will win and fear will lose
There is faith and there is sleep
We need to pick one please, because
Faith is to be awake
And to be awake is for us to think
And for us to think is to be alive

- Poetry
- Art
- Music
- Dance
- Journaling
- Photography
- Indirect ways to express what's inside

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Today's Objectives

- The Four Temperaments and the ways Nature and Nurture can affect your child
- How to identify the four personality traits most at risk
- How opposing brain functions be causing unnecessary turmoil in your home

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ThinkingIntuitionSensingFeeling





Greg: Introverted Sensor



Nathan: Introverted Sensor



Me: Extroverted Feeler



Jordan: Introverted Thinker



55



How to Help

Nurture what you WANT, rather than criticize what you DON'T want.

Goofy	Fun
Anti-Social	Independent
Indifferent	Calm
Stubborn	Self-Assured
Lazy	Practical, Efficient
Manipulative	Strategic Problem Solver
Unemotional	Brave
Imitative	Popular
Unplanned	Relaxed
Demanding	Leadership

56

TRUCE

You are alive, you can still try.
We can still try. Stay alive, stay alive for me.

The sun will rise, and we will try again.

All song lyrics were taken from the album Vessel by 21 Pilots

57

*Your kid isn't broken,
and neither are you!*

*God doesn't roll dice! Your child has
something unique to offer your family
and the world.*

WendyGossett.com 303 981-4997

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