



BARUCH ATA ADONAI, ELOHEINU MELECH
HA-OLAM, CHACHAM HARAZEEM

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם חָכֵם הַרְזִים

BLESSED ARE YOU, LORD, OUR
GOD, CREATOR OF THE UNIVERSE,
KNOWER OF SECRETS.



Review last week

- **When life hurts, let it.**
- Acceptance: it's where the power lies
- Row, row, row your boat gently down the stream
- "Ah now this. Here we all are. All this is just a part of all that is."
- Jennifer: "It stopped hurting."
- Michael Callen – they accepted the reality of their diagnosis

Review last week

- **When life hurts, let it bless you.**
- 11th grader sneezed
- Learn from the faithful ache
- Dominick: "AIDS showed me how big I've ALWAYS been!"
- Zach with an H: "There's no such thing as a perfect life"
Permission to lament.
- Jonah in the belly of the whale

Review last week

- **When life hurts, let it bless you, then take an action**
- Stay away from adjectives. “Is anything good here? Is anything bad here?”
- Circumstances are neutral. The quality of life.
- Feel the void when you can't fill the void: Spiderman Ride
- The more you love, the more you live: Stephen Levine

B I R V A M

Breathe

Invoke

Repeat

Validate

Appreciate

Mediate

How do I use BIRVAM--or respond in general--to one youth when they share in a medium-sized group setting (class, youth group)?

Tell me a word that describes something true and beautiful about you.

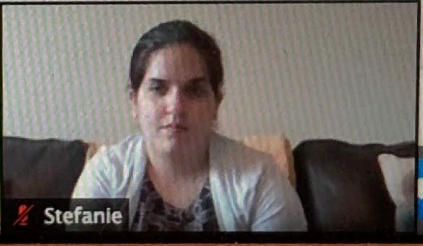
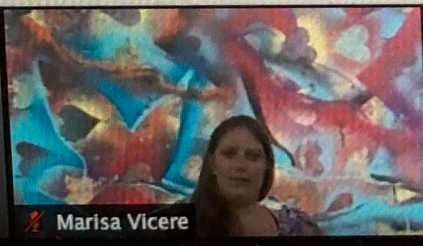


Next

Dope Kind Good friend
 Enough **honest** Caring
 awesome I am enough
 I love baseball!

Show media

End game



Adult Vs. Teen Brain



- Most of the activity in the adult brain is in the frontal lobe
 - Thinking, reasoning, planning
- Most of the activity in the teen brain is focused in the center
 - Pleasure reward center

Amygdala
(temporal lobe)

“The brain’s gas pedal”

Alarm system
Emotional center
‘Gut’ reactions
Fight or flight
Primal Fear & Rage
Interprets language
Olfactory associations
Not fully connected to the frontal lobe
Grows faster in boys



Prefrontal Cortex
(frontal lobe)

“The brain’s brakes”

The CEO
Executive Functions
Sober second thoughts
Considers consequences
Impulse control
Decisions & judgments
Reasoning & planning
Thinking strategically
Ignore external distractions
Assesses risk
Final part of brain to mature at 23-25 years

When communicating with a teen, the goal is to decrease the amygdala response & re-engage the pre-frontal cortex.

When given the choice, ask yourself:

Would you rather be

right,

or, would you rather be

effective?

Quote from Liam, a 5th grader in quarantine:

Thank you for talking to us. When I listen to you, it feels like I'm being **Refilled** with mercy that I can distribute to others.

The Qualities of Mercy

she gives you extra power

she is an angel

she revives you and gives you life

she defends you and strengthens you

she flies to you to help you and heal you



“Heroes Never Die!”

Mercy Quotes

"I'll be watching over you.

"Mercy on call."

"Mercy is here."

"I must go where I'm needed."

"Healing stream engaged."

"I'm taking care of you."

"Keep going, I've got you."

"Maintaining connection." "Where does it hurt?"


"My healing spell is upon you!"

"You should be at peak performance levels."

"Right beside you." "Still with you." "I'm here."

"On my way." "Your support has arrived." "We still need you!"

"This is not the end!" "Onwards to victory!"

A decorative border of green leaves and black berries surrounds the text.

Covenant of Right Relations

- AM I CONSIDERING THE GOOD INTENTIONS OF THE OTHER PERSON?
- AM I WILLING TO NOT BE RIGHT?
- AM I WILLING TO BE CHANGED?
- CAN I REMEMBER TO ASK THE QUESTION, “WHAT IS THE MOST LOVING THING I CAN DO OR SAY RIGHT NOW?”

Unitarian Universalist
Association

POWERFUL PEOPLE BLESS OTHER PEOPLE



Pleasurable experiences need 15-30 seconds to “marinate” before they go into our implicit or unconscious memory in order to be recalled at a later time.

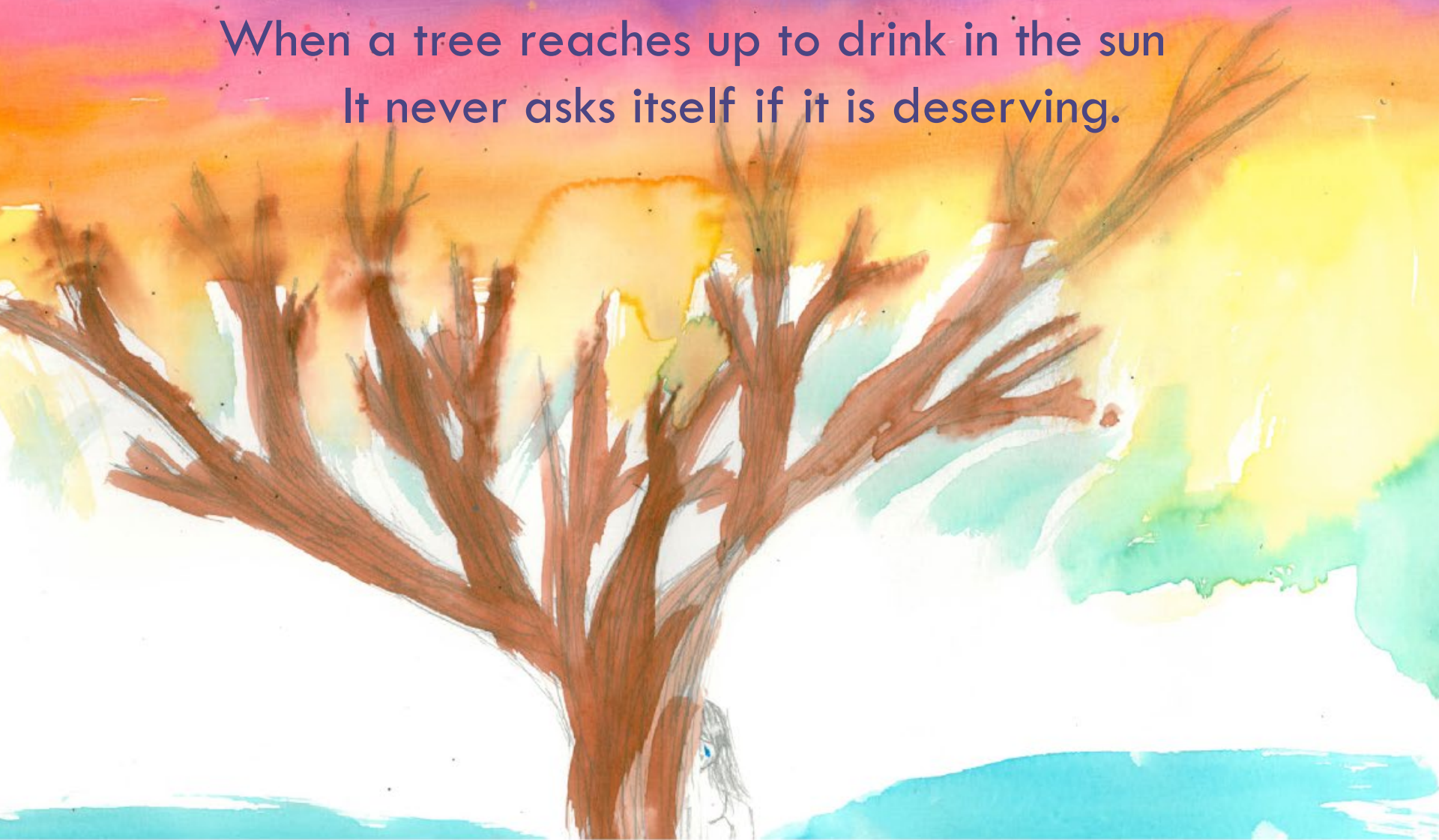


**SEE MORE GOODNESS
TO SEE MORE GOODNESS**



I
AM
ENOUGH

When a tree reaches up to drink in the sun
It never asks itself if it is deserving.



“Never let anyone be the arbiter of your self-worth”

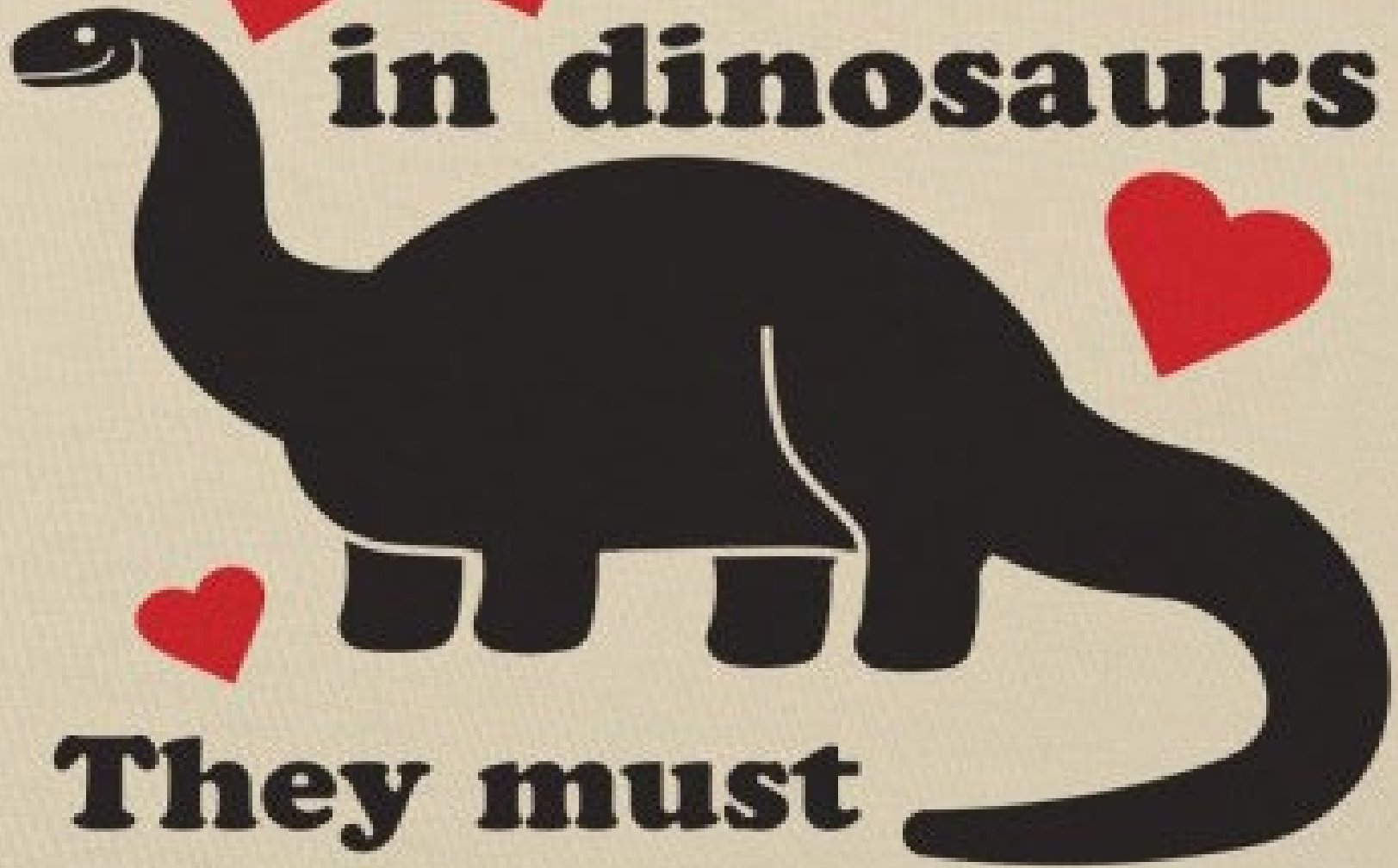


MOOKIE WILSON, LF When I'm in a slump, I comfort myself by saying if I believe in dinosaurs, then somewhere, they must be believing in me. And if they believe in me, then I can believe in me. Then I bust out.



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**I believe
in dinosaurs**



**They must
be believing in me!**

What does it mean to believe in yourself?

i can do aything

I can believe in me!

never stop

Belive

I can do anything

To love yourself

confidence

Love

I can do it

As I sit here & write this letter I really
how much your talk has affected me.
Although it has been close to 2 weeks
I am still thinking about what you
said. And watching the video this past
weekend has not helped.

What you said about not having
sex whether for personal or religious
reasons really hit home. I have never
really had a boyfriend, not that I have
not wanted one. I am 21 years old &
have been on maybe 5 dates. I am looking
but most of the time I end up being "one
of the guys". And up until now that
has been fine. I was the girl that guys
came to for advice about what to get
there girlfriend, how to ask a girl
out or how to break up with a girl. When
I think about sex my hormones are
ready but I don't know if I am ready
physically or mentally. I am scared
scared of getting pregnant, getting an STD
but most of all rejection!

When I was home & talking with
"friends" from high school, they were
joking around about homosexuality. I
guess I used to, but all of a sudden
it did not feel right. They were making
stereotypical comments about people we
associated with, none of which

I



ENOUGH

AFFIRMATIONS

- I am completely loved because I am completely lovable.
- Who I am at this very moment is worthy of love.
- I breathe. I belong. I am enough.
- As I face the uncertain, I accept and I forgive & I know real love.
- I value my life and I value my fear. And even though I make mistakes, I belong here.