

GLOSSARY



absolute thinking - declares that what I am saying must happen, and if it doesn't, my world will not be okay; when these words are part of anyone's core belief system, they set up the person for disappointment (i.e., must, have to, should, ought to)

absolutes - perfect in quality or nature; complete; not to be doubted or questioned

adolescence – the time of life between puberty and maturity, developing from childhood to adulthood

adolescent– a girl or boy from puberty to adulthood

A-ha Moment – the moment when a light goes on and you have an understanding of something new

amygdala - an almond-shaped mass of gray matter in the anterior portion of the temporal lobe; our emotional database (our emotional hard drive)

anger management – ability to control your anger

Anxiety Disorder - is much more than the normal anxiety people experience day to day. It's chronic and exaggerated worry and tension, even though nothing seems to provoke it. Having this disorder means always anticipating disaster, often worrying excessively about health, money, family, or work. Sometimes, though, the source of the worry is hard to pinpoint. Simply the thought of getting through the day provokes anxiety.

assessment - to determine the value, significance, or extent of

autonomy – the condition or quality of being autonomous; independence; self-determination

belief - mental acceptance of and conviction in the truth, actuality, or validity of something

belief systems – a collection of our own personal beliefs

blog - A shared online journal where people can post diary entries about their personal experiences and hobbies. These can be copied and forwarded.

Childhood Depression - Depression is an illness that involves feelings of sadness lasting for two weeks or longer, often accompanied by a loss of interest in life, hopelessness, and decreased energy. Such distressing feelings can affect one's ability to perform the usual tasks and activities of daily living. This is considered to be clinical depression. It is very different from a temporary case of “the blues” triggered by an unhappy event or stressful situation.

co-active – interacting with another person

cognition – the process of knowing in the broadest sense, including: perception, memory, and judgement; to know

cognitive stages – cognitive stages identified and labeled by Jean Piaget; his research showed that cognitive development involved a predictable sequence of stages that cannot be skipped

common sense - as “ordinary good sense or sound practical judgment”; sound judgment not based on specialized knowledge; native good judgment

communication - the exchange of thoughts, messages, or information, as by speech, signals, writing, or behavior

comparison trap – when the act of comparing produces a negative emotional response

conscious - having an awareness of one's environment and one's own existence, sensations, and thoughts.; mentally perceptive or alert; awake

Concrete Operational Stage – ages seven to eleven; children can use symbols and engage in mental activities; they are able to classify in more sophisticated ways, seriate, conserve, and understand part-whole relationships and terms

cyberbullying - sending or posting harmful or cruel text messages about a person using the Internet or other digital communication devices

decision making – the act of making a choice

decisive actions – actions that have an impact on a particular consequence

defensive - constantly protecting oneself from criticism, exposure of one's shortcomings, or other real or perceived threats to the ego

delayed response – a response which demands a person wait a designated amount of time

Depression - a psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, anhedonia, feelings of extreme sadness, guilt, helplessness and hopelessness, and often accompanied with thoughts of death

dialogue - a conversation between two or more people; an exchange of ideas or opinions

disconnected - to sever or interrupt the connection of or between

displacement - is the process that happens when the unexpressed negative feelings you felt toward a particular person or event are then expressed towards someone else

egocentric - caring only about oneself; selfish; holding the view that the ego is the center, object, and norm of all experience

emotional cutoff – represents a flight from unresolved emotional conflict and may mask unexamined fusion

emotional fusion – inability to distinguish thoughts from feelings

emotional intelligence - is the ability to recognize and label what one is feeling at any given moment, and to make a reasonable guess about what others are feeling and to respond in a healthy way; emotional intelligence regarding the emotions, especially in the ability to monitor one's own or others' emotions

emotional quotient (EQ) – a new perceived ability to measure our emotional intelligence

emotional reactivity - refers to making a decision based on the intense feelings one is feeling at that moment

emotion - a mental state that arises spontaneously rather than through conscious effort and is often accompanied by physiological changes; a feeling; the part of the consciousness that involves feeling; sensibility