

# Your Own Adolescence

**Directions: Form into subgroups of not more than 4 members. To the degree possible, each subgroup should include trainees from different ethnic and cultural back grounds. Respond to each question by describing your own adolescent experiences. Compare your responses to a question with other members of your group, and consider differences in their attitudes, values, and behaviors. Also, consider the effects of their cultural backgrounds on your development. Try to identify how different behaviors appeared to be attempts to handle similar conflicts and developmental tasks.**

- 1) How did you get along with your parents? Did you fight a lot? Avoid them? Did you like to spend time with your family? Could you talk with your parents rationally? What issues could, or couldn't, you discuss with them?
- 2) Were you even-tempered and easy to get along with? Moody and impossible to live with? In between?
- 3) Do you remember feeling ashamed or embarrassed by your parents? Do you remember ever proclaiming that you were never going to be like them?
- 4) Did you belong to a "clique" or crowd in high school? Did you belong to a group with high status? Were you "popular" or did you feel "different" or unaccepted? Left out? What constituted "popularity" in your school? If you weren't in a status crowd, how did that affect your self-esteem?
- 5) Who were your "heroes?" Rock stars? Politicians? Teachers? TV or film stars? Other students? With whom were you "in love from afar?" Was there anyone you wanted to emulate? What were the attributes and characteristics that made these people attractive/desirable to you?
- 6) How positive was your self-esteem? What did you like about yourself? What didn't you like? What did you feel embarrassed or ashamed of?
- 7) How difficult was it to come to terms with your own sexuality? How much anxiety did you feel in sexual relationships? How much conflict did you experience?
- 8) What kinds of things did you do to try to assert your independence?
- 9) What did your parents do that made it easier, or harder, for you to grow up?