Welcome back to week 5 of DNA-V Discoverer

Today we will explore

• DNA-V so far
• What is adolescence for?
• The Discoverer
• Helpful and unhelpful risk taking?
• Using your strengths to build your DISCOVERER skill?
• Creating change
Last Week’s Home Practice

• Become more aware of your ADVISOR – give it a name that is different from your own name and say ‘Hello’.
• When you are stuck, Step into your NOTICER, breathe and ask if it is being helpful – taking you closer to your VALUES.
• Be a DISCOVERER, choose to respond differently and see if it works. – Did it take you closer to your VALUES?

Videos
Got Negative Thoughts? - [https://www.youtube.com/watch?v=x-dMPXBl7yA](https://www.youtube.com/watch?v=x-dMPXBl7yA)
Mindfulness observing our train of thoughts - [https://www.youtube.com/watch?v=F0SWMICwtn0&t=35s](https://www.youtube.com/watch?v=F0SWMICwtn0&t=35s)
Four tips to help us unhooks from difficult thoughts and feelings - [http://thehappinesstrap.com/unhooking-from-difficult-thoughts-or-feelings/](http://thehappinesstrap.com/unhooking-from-difficult-thoughts-or-feelings/)
ACT unhooking skills - [https://www.youtube.com/watch?v=-qg_pittCMU](https://www.youtube.com/watch?v=-qg_pittCMU)
IF FEELINGS COULD TALK

SADNESS might be telling me I need TO CRY

LONELINESS might be telling me I need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need TO FORGIVE

EMPTINESS might be telling me I need TO DO SOMETHING CREATIVE

ANGER might be telling me I need TO CHECK-IN WITH MY BOUNDARIES

ANXIETY might be telling me I need TO BREATHE

STRESS might be telling me I need TO TAKE IT ONE STEP AT A TIME
Why are our thought so negative?
What is adolescence for?
Comfort Zone

Overwhelmed

Challenging Self
What’s important to them? What are their Values?

What do you think they are Noticing? Inside & outside world

What is their Advisor saying?

What are they discovering & how does their Advisor feel about it?
Consider the Short term vs Long term impact of the risk and stand up for what you believe. Taking different types of risks to avoid uncomfortable thoughts + emotions.
Choice point - by Russ Harris
There is value in falling off this cycle – you learn from it, from your decisions, from your experiences and accepting these with self compassion in mind, is important to be able to move forward rather than stay stuck.
Home Practice

- Practicing becoming aware of when you are stuck unhelpfully in Noticer (caught up with feels) Advisor (caught up with thoughts) or Discoverer (Acting without considering your VALUES).
- Make a decision to move to another space.
- Are your choices taking you closer to what's important to you? Values?
- Notice what happens when you step into a different space.

Look at these videos:

https://thrivingadolescent.com/adolescent-resources/new-ideas-for-you/video-ideas/ - Try something new - Becoming a mindful warrior

https://www.youtube.com/watch?v=rCp1l16GCXI – the struggle switch, Russ Harris

https://www.youtube.com/watch?v=kv6HkipQcfA – the happiness trap, the evolution of the human mind
See You

Next Week