

Living On Purpose (LOP)

Statement Workbook

Adapted from D. Amen's M.D. One Page Miracle

In Cell Assignment

Answer the following question to help you shed light on what you value, use another sheet of paper if needed.

6. Reflect on your emotional development as a child in your family. Do you think it has impaired or enhanced your development? In what ways?

Dysfunctional adults tend to have dysfunctional children in most cases. Based on this hypothesis I would venture to say that I am an emotional retard. That is to say my emotional development was retarded as a child. "Reflections" bring up traumatic events early in life where no real emotional sympathy was provided to assist a distressed lil boy process and understand his emotions be it when I was around five years old and my dad took me with him to pick up his mutilated brother — who a few days later over dosed and died on our couch. Or when a short time later at that same apartment complex, my lil buddy drank Drano and got rushed off to the hospital. He didn't die until a few months later when he drowned in a pool we used to sneak into. Dad's drunk rage — fighting with Mom, was always emotionally disturbing for everyone! Grandma dying left a lot unresolved too.

There was no real communication at our house where emotionally healthy parents explained facts of life and tried to help us through distressed confusion. They preferred their kidz to go find something to do outside — rather than accept their responsibility to train our young minds to function properly.

My life has always been an adventure as a result of that neglect I suppose, and I am grateful for that "freedom", tho adventures need be processed to understand the corresponding emotions involved if they would be life-enhancing experiences.

(continued next)

#6. cont.

Consequently, retarded emotions naturally impaired my development in life and it has always been difficult to understand anything that affected my emotions — which in my adventurous life, moving from town to town numerous times — was most everything in life.