Terms/Concepts *All Grown Up and No Place to Go* (pps. 187-238)

APA Bibliography Entry:


Stress, Identity, and the Patchwork Self

Stressors – inner and outer demands for adaptation
Stress – our response to an extraordinary demand for adaption
Selye and GAS (General Adaptation Syndrome)
Stress Dynamics
  - Clock energy
  - Calendar energy
  - Long–term goals/Short-term pleasures
  - Conflict between self and society

Three Stress Situations
  - Type A – Foreseeable and avoidable
  - Type B – Unforeseeable and unavoidable
  - Type C – Foreseeable and unavoidable
  - Is there another?

Patchwork Self

*How do they (adolescents with a patchwork self) deal with Type A stress?*

Anxious adolescent
Conforming adolescent
Type B stress and denial, isolation, self-punishment, helplessness, and hopelessness

Type C stress and angry adolescents, frightened adolescents,

“In our postmodern society many young people are growing up without clear limits and rule setting that they can internalize to make their own. What they have is a patchwork set of rules with no inner coherence or force. Without their own internalized and integrated rule system, adolescents can neither appreciate nor abide by rules laid down by others.” (Elkind, 1998, p. 211)

Co-dependent adolescents

Stressors
  - Freedom
  - Failure
  - Loss