Think Through the Emotion

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Asynchronous Development

Degree of Giftedness

Intrinsic Motivation

Introversion
Asynchronous Development

Developmental Rates

Average
Above Ave.
Gifted

P
C
S
E
Degree of Giftedness

standards, textbooks, instruction

AP
Asynchronous Development

degree of giftedness

Developmental Rates

P  C  S  E
Intrinsic Motivation
Introversion

From others

From being alone
Two Sides of Characteristics

• At your table...

• For each characteristic, list an example of it being perceived positively and an example of it being perceived negatively.
Mixed Messages

• Intensity is great
  – Except when you can’t sit still
  – Except when you won’t stop asking questions

• Advanced abilities are great
  – Except when you want to go beyond grade level
  – Except when you use vocabulary others don’t understand

• Sensitivity is great
  – Except when your feelings are hurt too easily
  – Except when you are too picky
Inseparable Needs
Inseparable Needs
Gifted and talented students have expanded neuroanatomy for emotional processing due to greater connections from their limbic system to their frontal cortex.
Nicole Tetreault, Ph.D.

Thoughts

Emotions

Bodily Sensations
Too Much of a Good Thing
Bigger Antenna
Psychomotor

- Rapid speech
- Fast games
- Movement
- Nervous habits
- Little sleep
- Impulsivity
- Interrupt
- Workaholic
Psychomotor

- Talk about OEs
- Schedule movement
- Role play impact on others
- Choose appropriate ways to release need for movement
- Provide moving furniture (rockers, exercise balls)
- Don’t confuse with ADHD
Superman

Body
Sensual

- Heightened senses
- Discord
- Ticking
- Visual composition
- Clothing (tags, socks, stockings)
- Foods (texture, allergies, tastes)
- Aromas
- Hands on walls & clothes
Sensual

- Talk about OEs
- Pay attention to environment
- Provide opportunities to be center of attention
- Stress management
Calming Space
Cookie Breathing
Intellectual
OE

Awkward Boy Hero
Intellectual

- NEED to know
- Questioning
- Theory
- Moral thinking
- World issues
- Critical of others
Intellectual

- Talk about OEs
- Teach research
- Role play criticism
- Act on world issues
- Question journal – pick 1 to ask me
The Ultimate Wheel of Life Interactive Assessment

The Wheel of Life is a simple yet powerful tool for visualizing all areas of your life at once to see where you most need improvement. It only takes a minute to complete and it's totally free!

Take the Assessment
Fill out your Wheel

What is the Wheel of Life?

The Wheel of Life is a simple but powerful tool that helps you visualize all the important areas of your life at once. It is often used by life coaches and career coaches to give their clients a
Balance

My Wheel of Life
June 13 2019

Career 8
Love 9
Spirituality 6
Family 6
Money 6
Fun 4
Friends 5
Health 2
- **School**: Your overall experience of being at school
- **Grades**: Your satisfaction with your grades
- **Family**: How are things going with the relationships within your family (if you need to break this wedge into parents and siblings that works)
- **Friends**: How happy are you with the relationships you have with non-family members
- **Health**: How healthy do you feel, how much you exercise, and your diet
- **Fun**: How much fun you are having
- **Room**: Your satisfaction with your room
- **Growth**: How you feel you are growing personally and spiritually
Perfectionism Debate

• Is it good or bad?

• Table assignments

• With your tablemates...
  – Make a list of statements/arguments that support your assigned position (good vs. bad.
  – You must defend your assigned position.
Perfectionism

• Connect with a table assigned the opposing view.

• Politely debate the question...

Is perfectionism good or bad?
Perfectionism

How Much Of a Perfectionist Are You?

+2  Strongly Agree
+1  Agree Somewhat
0    Can’t Decide
-1   Disagree Somewhat
-2   Strongly Disagree
Perfectionism

15 to 20 – Too good to be true
10 to 14 – Too good for your own good
5 to 9 – Borderline perfectionist
1 to 4 – Healthy pursuer of excellence
0 to –5 – Used to hanging loose
-6 to –10 – A little too relaxed
-11 to –20 – Barely breathing
Perfectionism: What’s Bad About Being Too Good

• Miriam Adderholdt
Perfectionism

• DO
  – Focus on effort
  – Applaud learning from mistakes
  – Learn something new together

• DON’T
  – Hide your own mistakes
  – Reward grades and outcomes
  – Say “This should be easy for you!”
Make Your Worrier a Warrior

- Dan Peters, Ph.D.
Perfectionism

• Take a planned risk
  – Everyone do one scary thing for a week, then talk about it
  – Have a contest to have the worst experience

• Fail on purpose
  – Do something less than perfect on purpose
  – Play the rejection game

• Make a plan and stick to it
  – Don’t try to make it better or learn more first
  – Accept GOOD ENOUGH

Living with Intensity

• Susan Daniels, Michael Piechowski editors
• Ch. 9, Linda Silverman
For Perfectionist

• Appreciate the trait – high ideals are good
• Reframe mistakes as learning experiences – doing it wrong is a stepping stone to doing it right
• Set priorities for yourself - don’t be a perfectionist at everything
• Start a project instead of procrastinating – starting is the hardest part

For Perfectionists

• Don’t impose your standards on others
• Keep trying even when you don’t first succeed – don’t give up
• Don’t punish yourself for failing – I’ll do it different next time
• See the good and bad of perfectionism – use it drive you instead of paralyze you
• You can cope with the pain – nothing is as bad as it seems

2019 8-way tie: Shruthika Padhy, 13, of Cherryhill, New Jersey, Erin Howard, 14, of Huntsville, Alabama, Rishik Gandhasri, 13, of San Jose, California, Christopher Serrao, 13, of Whitehouse Station, New Jersey, Saketh Sundar, 13, Clarksville, Maryland, Sohum Sukhatankar, 13, of Dallas, Texas, Rohan Raja, 13, of Irving, Texas and Abhijay Kodali, 12, of Flower Mound, Texas celebrate their eight-way tie in the final round of the 92nd annual Scripps National Spelling Bee at National Harbor in Oxon Hill, Maryland on May 31.
SUCCESS IS LIKE AN ICEBERG

@ThePrudentGeneration

WHAT PEOPLE SEE

SACRIFICE
STAYING HEALTHY
GOOD HABITS
FOCUS
GROWTH MINDSET
DISAPPOINTMENT
PERSISTENCE
DAILY GOALS
EXPENSES
TIME MANAGEMENT

WHAT PEOPLE DON'T SEE

REJECTIONS
SLEEPLESS NIGHTS
TEARS
MEETING TARGETS
DETERMINATION
There are going to be a lot of road blocks and stumbles and obstacles and bad days, and having [a strong] vision of your future self is one of the things that makes those a heck of a lot easier to envision as just a piece of the road going forward.
We Tell Our Kids That Hard Work Always Pays Off. What Happens When They Fail Anyway?

How do you recover from failure?
We Tell Our Kids That Hard Work Always Pays Off. What Happens When They Fail Anyway?

Luthar and Kumar urge parents and teachers to spend time helping students find purpose, or goals they both genuinely love to pursue and that make an impact on the world. Researchers have found that adolescents with purpose report greater life satisfaction, have a strong sense of identity and are more psychologically mature.

- Rachel Simmons
May 29, 2019 - Laurie

Raising 27's

Last Friday night, shortly after 10pm, I sat in my un-started, dark car, looking at my 12-year-old son in the back seat. The
Nobody becomes successful in life without experiencing loss and failure in some capacity. I don’t care who you are. You failed and lost for a little bit before you got hot and rich. In fact, loss and failure are often the only doors to success. And if we can’t teach our children how to expertly navigate the bad, they won’t have the strength to achieve the good. Period.

We need our kids to be losers sometimes. It’s vastly important. Character and grit and resilience are only born inside of these experiences. They are NOT born in championship wins, or letters of acceptance, or natural giftedness.

- Laurie
Mental Rehearsal
Imaginational
OE

- Rich imagination
- Vivid dreams
- Elaborate stories
- Multiple imaginary friends
- Day dream
Imaginational

- Talk about OEs
- Differentiate between embellishment and lying
- Positive pre-sleep routine
- Provide creative outlet
- “Idea trap” - journal
Mind-cation
Emotional OE
Emotional

- Emotional depth
- Strong attachments (people, animals, stuffed animals)
- Self-critical
- Fears and anxiety
- Cries easily
- Appears to be overreacting
- Physical reactions (stomach and head aches)
Emotional

- Talk about OEs
- Accept all feelings
- Help anticipate reaction
- Help understand impact on others
- Develop feeling vocabulary
- Journal
Decision-Making

• Intensity affects decision-making
• GT students need tools to help them make decision & opportunities to practice
  – Research study topics
  – Independent study topics
  – Book choices
  – Choice time choices
  – Center choices
# Decision-Making – Paired Comp.

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<th>B.</th>
<th>C.</th>
<th>D.</th>
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- A. UK: 3
- B. UL: 1
- C. WKU: 2
- D. Centre: 0

- **Centre**

- **Total**

- **Result**

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- **B**
- **C**
- **D**
- **D**
### Decision-Making

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#### Choices

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<th>Big city access</th>
<th>Far from home</th>
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<td>3</td>
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<tr>
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<td>1</td>
<td>4</td>
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<tr>
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<td>6</td>
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<tr>
<td>Centre</td>
<td>10</td>
<td>6</td>
<td>4</td>
<td>4</td>
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</tbody>
</table>

*Source: Data from various studies and surveys.*
Emotional Intensity in Gifted Students

- Christine Fonseca
Fonseca’s Movie Technique

• During an action movie...
  – How does your body feel?
  – How does your mind feel?
• During a stressful activity...
  – Does your body feel the same way?
  – What are you thinking about?
• During strong feelings...
  – Do you feel like you did during the movie?
  – What is your mind thinking?

Warning Signs of Impending Eruption

• Agree on a code word

• External signs
  – Voice
  – Breathing
  – Tears
  – Withdrawal

• Internal signs
  – Sweaty palms
  – Rapid heartbeat
  – Ringing ears

What Are Your Signs?

• Talk to your neighbor...

• How does your body feel when you are struggling for control?

• How does your mind feel?

• What signs do your close friends or your significant other see that tells them to back off?
Cognitive Model of Anxiety

“Our thoughts are always responsible for our feelings.”

– D. Peters

Anxiety

Peters: “anxiety is an irrational fear.”

It is difficult to fight because there is a “slight grain of truth to the fear.”

Take Back Control

• Recognize physical feelings and separate emotional connection to them
• Turn on thinking to override feelings
• Remember the symptoms ALWAYS go away
• Externalize the anxiety = Worry Monster

you stink!

psst! you are awesome!
you're doing a great job & you have reason to be proud!

voices in my head

07.04.17
Your Worry Monster

• What does your Worry Monster look like?
• The creature that puts negative, fearful thoughts in your head
• It says
  – You can’t do it
  – No one will like you
  – You will look foolish
  – You always make mistakes
Defeat the Worry Monster

• **Identify** the thought
  – What is the Worry Monster saying to you?

• **Challenge** the thought
  – Is it true? Can you prove it?

• **Modify** the thought
  – What is more realistic based on the grain of truth?

• **Replace** the thought
  – What positive thought replaces the monster’s?

Fake it ‘til you make it.
This is real!
Taming the Worry Monster - 1

https://youtu.be/ttcLn5uskrQ
Schedule Worry Time
Create a Worry Box
To learn more...
A Parent’s Guide to Gifted Children
Anxiety-Free Kids

An Interactive Guide for Parents and Children

Help Your Child Become Happy and Worry Free
Relieve Your Child's Excessive Anxieties and Phobias
Foster Interaction With Success Strategies for Parents and Kids

BONNIE ZUCKER, PSY.D.
One of the Nation's Leading Experts on Childhood Anxiety
Off the Charts: Asynchrony & the Gifted Child
To Learn More...

• SENG - www.sengifted.org
• Hoagies Gifted - www.hoagiesgifted.org
• Davidson Institute -
  www.davidsongifted.org
• Duke TIP - www.tip.duke.edu
• Mensa for Kids -
  www.mensaforkids.org
• Gifted Development Center -
  www.gifteddevelopment.com