

Thrive Approach Pen Portraits

Pen Portrait for THINKING - Childhood Years

THINKING the inner world of the child:

A child with a THINKING disruption often feels confused, oppositional and angry. The child has not yet understood the relationship between some of their actions and the outcomes that follow (cause and effect). They don't understand that they may have contributed to difficulties or disputes and therefore blame others for the problems they experience.

This child feels misunderstood, blamed and from this position can't explain what is troubling them and then is unable to negotiate a solution. The child feels very angry when their ideas (immature and without 'cause and effect' understanding) are thwarted. The child's anger is often explosive and born out of frustration about not being able to have his/her own way.

Alternatively the child's anger is their feeling response to disappointment when an anticipated or imagined situation does not happen in the way they hoped. The child can feel confused and sad that they are not understood and believe themselves to be stupid.

They believe they need to go along with other people's ideas because what they think and feel is not important. They may become stuck in this belief feeling hopeless and alienated. Alternatively a child can over commit to her/his ideas, want to be controlling and won't co-operate or go along with other's ideas.

Body language:

The child may use the whole of their body to hold a defiant, obstructive stance and in this way they make their oppositional position very clear. There is a sense that the child is immovable at this time. Sometimes opposition can be shown in a more hysterical response when the child is flooded with emotion, often crying and screaming and thrashing around in a heap on the floor. The way forward to help the child is to contain their emotional turbulence whilst clearly staying fully in control. If the adult is tempted into the battle, they are likely to escalate the problem and the situation may become unsafe. The child needs opportunities to have their evolving independent thinking/views listened to, enjoyed and acknowledged.