

For Further Reading:

Girls on the Edge by Dr. Leonard Sax,
Untangled by Dr. Lisa Damours
The Minds of Girls by Dr. Michael Gurian
The Female Brain by Dr. Louann Brizendine
Girls Leadership Institute
childmind.org

Myth: Emotions are for Girls

Fact: Repressed emotions in boys/men often lead to anger issues. Repressed emotions in girls/women often lead to depression and anxiety.

The landscape of the female brain: Your menstrual cycle... period.

Developmental Stages:

Infant to 5 years
Latency, ages 6-11
Adolescence, ages 10-20

Three Steps to Dealing with Strong Emotions from Michele Kelly, LCSW Girlsstandstrong.com:

Feel your feelings
Share your feelings
Re-frame the situation

Stress in Girls vs Boys: *more teen girls than boys report symptoms of stress and are more likely to say that stress impacts their happiness a great deal.*

- Their appearance is a significant amount of stress: 68% girls vs 55% boys
- Report feeling irritable or angry in the past month: 45% girls vs 36% boys
- Feel bad when comparing themselves to others on social media: 30% girls vs 13% boys
- How others perceive them on social media is a significant amount of stress: 39% girls vs 29% boys
- Say they feel pressure to be a certain way: 34% girls vs 22% boys

12 Neurotoxins that put our brain development in danger (mindhow.com)

- Lead
- Mercury
- Toluene
- Methanol
- PCB
- Arsenic
- Phthalates
- PERC
- PBDE
- Fluoride
- Chlorpyrifos
- Phenol

What your daughter needs:

- A language and vocabulary for emotions
- An understanding of personality types
- An acceptance of the 7 stages
- Faith in her journey, 5 to 1 rule
- Know the signs of brain integration trouble
- Learn listening and talking skills

Carrie Kirkpatrick: seven transitions, which cover the desire for independence, friendships, emotional upheaval, boys, rebellion, planning for the future, and taking responsibility for themselves.

The Enneagram Personality Types:

- 1) the reformer
- 2) the helper
- 3) the achiever
- 4) the individualist
- 5) the investigator
- 6) the loyalist
- 7) the enthusiast
- 8) the challenger
- 9) the peacemaker