

# Teenager's Guide to Greater Family Happiness

## Guidebook

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_

A Semi-Guided Teenage Relationships  
Workshop From Advanced Awareness

**Author's Message to Participants**

*Advanced Awareness programs do not deal with psychological or medical influences on lasting happiness. Nor do they include psychotherapy. All of this is better left to the physicians, psychiatrists and psychologists.*

*Advanced Awareness programs do teach a simple but highly effective method of harnessing positive energy that can help anyone, from adolescents to seniors, learn how to improve lasting happiness in their life. It incorporates three well-accepted scientific theories: 1) Personality Temperaments; 2) the Science of Happiness; and 3) the Physics of Energy. Participants learn how to utilize the power of positive energy in creating a happier life within themselves and in their important relationships.*

*May your Path of Advanced Awareness be filled with the positive energy of love.  
Veeder South III, PhD  
Laguna Beach, California*



Teenager's Guide to Greater Happiness in Your Family Guidebook

Price: \$35

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## **Teenager's Guide to Greater Family Happiness**

*I would like to introduce you to this semi-guided teenage family relationships workshop from Advanced Awareness. It is designed to help any teenager discover a new way to create greater happiness within their family and in their life in general. The participating teenager works through the two sessions of the Guidebook on their own and at their own pace under the direction of a qualified guide. In Session 1, he or she works through the "Teenager's Guide to Greater Individual Happiness" while focusing on their own happiness. In Session 2, the teenager works through the "Teenager's Guide to Greater Happiness in Family Relationships" while learning how to cultivate greater happiness in their relationships with selected family members in their life. The qualified guide should be available whenever needed to answer questions and to help guide the teenager through the Guidebook. This workshop can optionally be facilitated in a classroom setting for a teenage group by a qualified guide.*

*This "Teenager's Guide to Greater Family Happiness" semi-guided teenage relationships workshop is intended for:*

- 1) teenagers to learn a new way to create and maintain lasting happiness within their family and in their life in general.*
- 2) parents looking to find a way to help their teenage son or daughter become a happier person within themselves and in their family relationships.*

*Teenage participants learn how to harness the positive energy of love within themselves and in their family relationships as they follow the path of Advanced Awareness to greater happiness in life.*

*This Guidebook has been developed by Dr. Veeder South for teenagers to learn a new way to improve lasting happiness within themselves and with their family. Dr. South and other qualified professionals are available to support this semi-guided teenage workshop. Here is a summary of Dr. South's background: He earned his PhD at UCLA in Energy and Kinetics. He has worked with clients of Advanced Awareness for the past 15 years. He was an associate professor at California State University, Northridge School of Engineering for 6 years where he was twice named outstanding professor of the year by the students. He has coached several youth sports teams for both boys and girls. Dr. South has written two books on lasting happiness in addition to this and other workshop Guidebooks.*

*For more information, or to discover how to become a qualified guide for this semi-guided teenager's workshop, please contact Dr. South by text, e-mail or via the "Contact Us" page of our website.*

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## **Author's Recommendations on How to Work Through This Guidebook**

*There are no time limits on completing this relationship workshop. However, my recommendation is to try to complete both Sessions of the Guidebook within two weeks. If you work through the relationship workshop too fast, it is likely that you will miss some of the important concepts included in the Guidebook. If you take too long, you are likely to have forgotten what you learned in previous sections before you put the Guidebook down. Here are my recommendations on how to get the most out of this "Teenager's Guide to Greater Family Happiness" relationship workshop as you work your way through the Guidebook:*

### **Guidebook Session 1**

*Day 1. Work through Guidebook Sections 1.1 - 1.4 at your own pace.*

*Day 2. Review the previous sections you have completed on Day 1, discussing any questions or concern you may have with your guide. Then complete Guidebook Session 1 by working through Guidebook Sections 1.5 and 1.6 at your own pace.*

*Day 3. Review your completed Guidebook Session 1 with your guide. When you have completed your review, select up to 5 family members you want to get to know better or improve your relationship with. Ask each of them to complete the 4-page "Individual's Personality Temperament Self-Assessment" included with this Guidebook (if any of them are not available, you can complete their self-assessment(s) for them). You will need at least one of their assessment results to complete Session 2 of this Guidebook.*

### **Guidebook Session 2**

*Day 4. Work through Guidebook Sections 2.1 - 2.3 at your own pace.*

*Day 5. Review the previous sections you have completed on Day 4, discussing any questions or concern you may have with your guide. Then work through Guidebook Section 2.4 at your own pace.*

*Day 6. Review the previous sections you have completed on Day 4, discussing any questions or concern you may have with your guide. Then work through Guidebook Section 2.5 at your own pace.*

*Day 7. Complete any of the unfinished relationship exercises of Guidebook Session 2 using any additional assessment results that you previously did not have. Then review your entire completed Guidebook with your guide.*

**Please Note:** *After completing this Guidebook, get together with each of the selected (willing) family members in your life and discuss the results of this relationship workshop as it applies to your relationship with them.*

# Teenager's Guide to Greater Family Happiness

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# SESSION 1

## TEENAGER'S GUIDE TO GREATER INDIVIDUAL HAPPINESS



## SESSION 1: TEENAGER'S GUIDE TO GREATER INDIVIDUAL HAPPINESS

### Section 1.1 Introduction

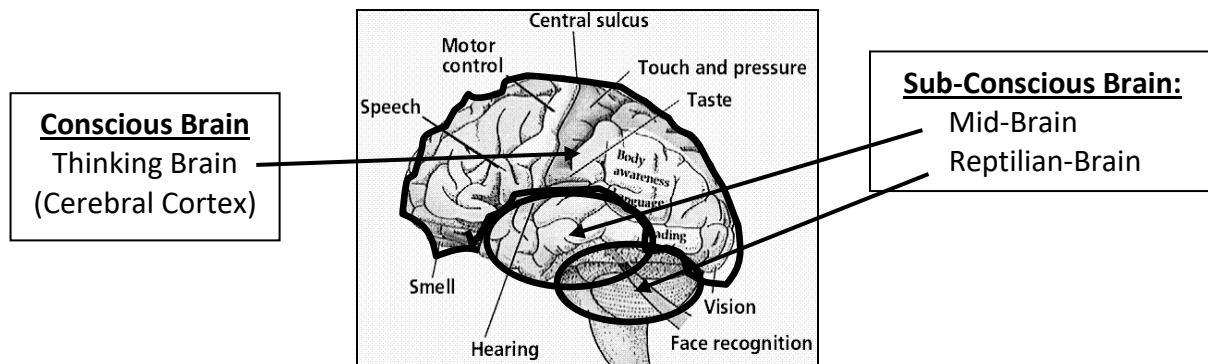
*"Most folks are about as happy as they make up their minds to be." - Abraham Lincoln*

**What is Happiness?** - How about contentment, excitement, satisfaction, bliss, love, joy, etc. Notice that these words don't really define happiness, they simply try to convey what happiness feels like. The truth is, happiness cannot be defined in words, it can only be sensed. We naturally sense when we are feeling happy because happiness makes us "feel good". If our senses are the only means of determining whether we are happy or not, maybe we have the option of interpreting our senses as we choose to.

**The Scientific View of Happiness** – The "Science of Happiness" has determined through research that lasting happiness evolves from balancing and satisfying three general areas in life:

1. Pleasure – this is the "smiley face" part that triggers dopamine and other "feel good" chemicals in the brain. It is short-term but keeps life interesting.
2. Healthy Relationships – this relates to the depth of involvement with family, friends, partners, work groups and other personally interactive activities. Healthy personal relationships have been found to highly correlate with lasting happiness.
3. Meaning – this has to do with using personal strengths to selflessly serve some larger purpose in life.

**Energy and the Human Brain** - There are approximately 100 billion brain cells (called neurons) that make up your brain. These neurons have intertwined since birth into billions of strands called neural networks. Throughout life, neural networks organize, reorganize and reinforce themselves again and again in response to new stimuli and new learning experiences. This body/mind interaction is what stimulates brain cells to interconnect in complex ways to control physical energy in the body as well as mental energy in the brain.



**The Human Brain**

**The Negative (Mental) Energy of Fear and Unhappiness** - Unhealthy psychological fears that remain alive in our conscious or sub-conscious mind can keep us trapped in unhappiness. Feelings of anxiety, unease, tension, stress and worry are all sources of negative energy associated with fears about the future. Feelings of guilt, regret, resentment, grievance, sadness and bitterness are all sources of negative energy associated with fears about the past. Unhealthy fears in our mind are potential sources of negative energy that cause unhappiness in our life.



**The Positive (Mental) Energy of Love and Lasting Happiness** - We all have the ability to access a state of Higher Consciousness within us that provides an unlimited source of positive energy, the true essence of love. The positive energy of love has the power to dilute and eventually eliminate the negative energy of fear that may be causing unhappiness in our life. Studies have found that consistently implementing the positive energy of love in whatever life situation we find ourselves in is a major factor in creating lasting happiness in our life.



**Positive Thinking** - When we choose to view our so-called “negative life experiences” as “positive opportunities for growth”, we are practicing “positive thinking”. Positive thinking uses the positive energy of love to dilute (and eventually eliminate) the negative energy of fear whenever it appears. Eliminating the negative energy of fear more and more from your life is the key to lasting happiness. This is your path of Advanced Awareness to lasting happiness. This is the path of love.

**Happiness Prescription**

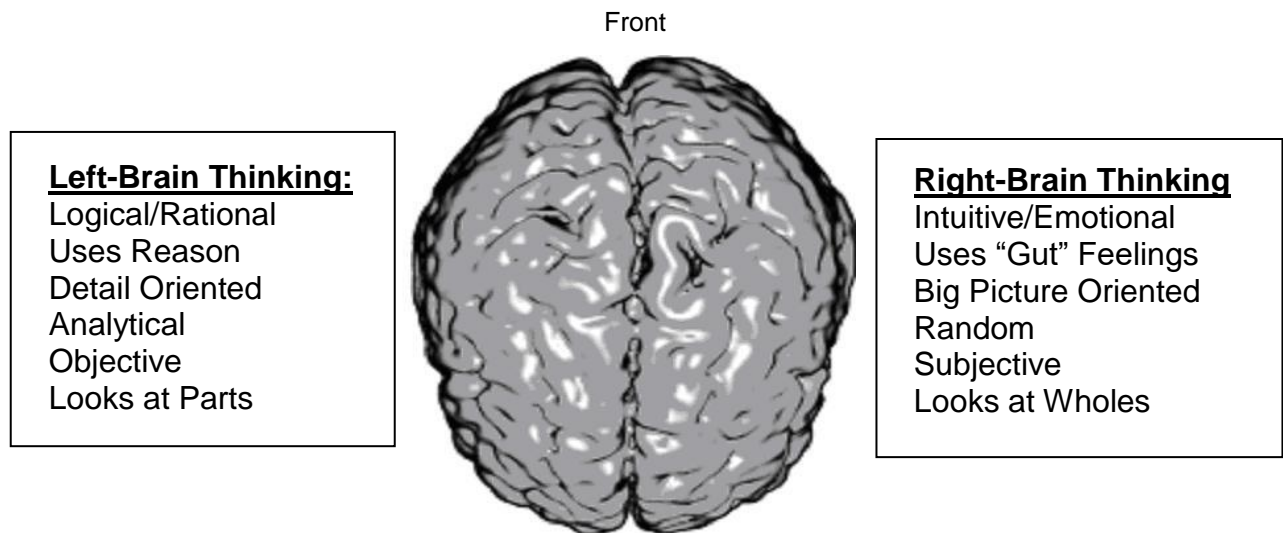
*“You are responsible for your own happiness.”*



## Section 1.2 Personality

Your personality is defined as how you prefer to use mental energy in your conscious brain to think with. It is a combination of genetics (the way your brain cells were “wired” at birth) and your experiences so far in life. All your experiences, all your decisions, all your actions and all your interactions have influenced and helped to mold your personality right up to this very moment.

**Left-Brain/Right-Brain Thinking** - It is well known that humans have two different hemispheres that make up our conscious brain. Experimentation has shown that the left and right sides of the brain are responsible for different manners of thinking. The left-brain prefers more rational and logical thinking while the right-brain prefers more intuitive and emotional thinking.



Our conscious mind can only focus on thinking from one side of our brain at a time. We can switch our thinking process from one side to the other very quickly, but that is not always the most efficient way to operate. Eventually, most people develop a personality preference for thinking more in one side of their brain than the other. Which side of your brain do you prefer to think in?

Left Brain? \_\_\_\_ Right Brain? \_\_\_\_ No Preference? \_\_\_\_

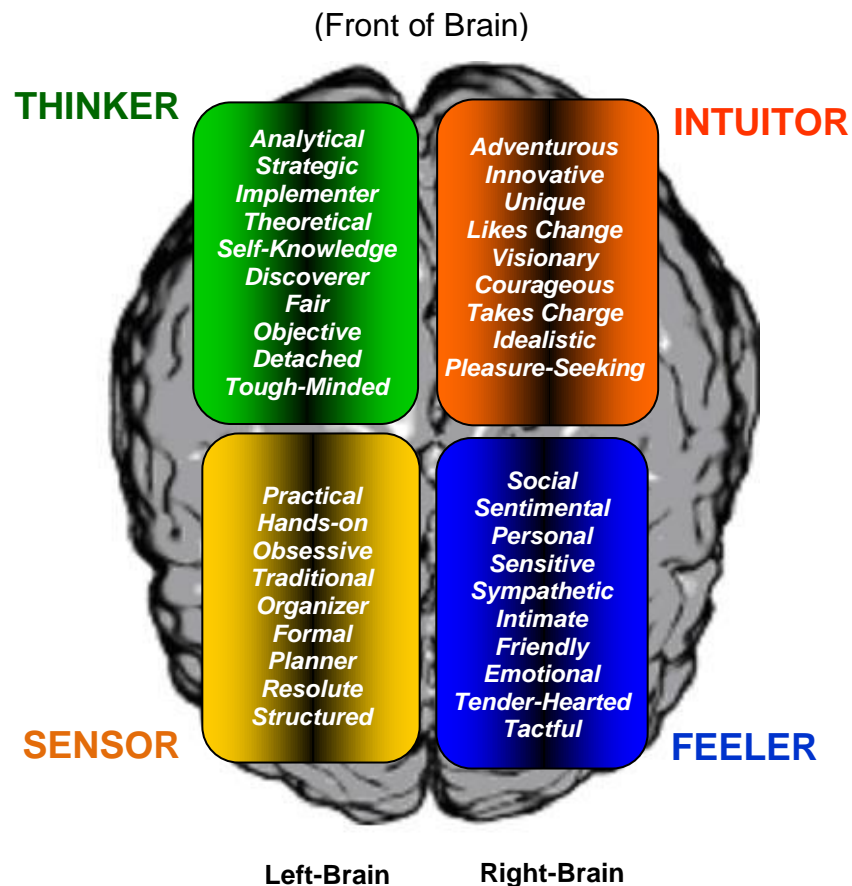
**Personality Temperaments** - Carl Jung, the famous Swiss psychiatrist, published his book “Psychological Types” in 1921 in which he suggested that the personality characteristics of just about every person on the planet, regardless of religion, sex, ethnic background, age, or any other difference, fits into a combination of four distinct personality types he labeled: **Thinker**, **Sensor**, **Intuitor** and **Feeler**. Jung’s characterization of the four personality types (he called them personality temperaments) is depicted in the table on the following page. Each personality temperament can briefly be described by a set of words on four Personality Awareness Cards as shown beneath the table on the next page drawn over an image of the human brain.

**Thinker (Left-Brain)** – evaluates and uses information logically

**Sensor (Left-Brain)** – evaluates and uses information practically

**Intuitior (Right-Brain)** – evaluates and uses information intuitively

**Feeler (Right-Brain)** – evaluates and uses information emotionally



**Happiness and Balance** - Everyone exhibits these four personality temperaments. We just have them in different proportions. We typically have a dominant temperament that is the most developed in us; a 2<sup>nd</sup> temperament that is less developed; a 3<sup>rd</sup> temperament that is even less developed; and a 4<sup>th</sup> temperament that is our least developed. Carl Jung believed that increasing personality temperament balance in all four temperaments leads to a happier life.

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## SESSION 2

# TEENAGERS GUIDE TO GREATER HAPPINESS IN FAMILY RELATIONSHIPS

*Before you begin Session 2, please select up to 5 family members that you want to learn more about and possibly improve your relationship with. Ask each of them to complete the 4-page "Individual's Personality Temperament Self-Assessment" included with this Guidebook. If any of these people are not available, you can complete their self-assessment(s) for them (called a 180-degree assessment). You will need at least one of their results (or your 180-degree assessment results for them) in order to complete the relationship exercises in Session 2 of this Guidebook. After you have completed Session 2, you might (or not) want to get together with your closest selected family members and discuss your results with them.*

Family Member 1: \_\_\_\_\_

Family Member 2: \_\_\_\_\_

Family Member 3: \_\_\_\_\_

Family Member 4: \_\_\_\_\_

Family Member 5: \_\_\_\_\_



## SESSION 2: TEENAGER'S GUIDE TO GREATER HAPPINESS IN FAMILY RELATIONSHIPS

### Section 2.1 Introduction

Whatever your current family situation is, you did not choose to be here. When you were born, as far as we know, you did not get the option to choose your mother, your father, your siblings (if any), or any other of your relatives. What you got was the luck of the draw:

- 1) **If you were very lucky**, you got a great set of parents, great brothers and sisters, and a great group of extended family members that all knew just what to do in raising you to become a perfectly happy teenager. In this scenario, you are on your way to becoming a perfectly happy adult. How lucky can you be?
- 2) **If you were very unlucky**, you had to make your own way growing up without the best family guidance and support. This would probably have made your childhood a difficult and unhappy one. Sorry for your bad luck.
- 3) **If you were like most children**, you got a set of parents who did not always know what to do in every situation but tried to raise you the best they knew how through life's ups and downs. One or both parents (or someone else) supported you with the intention that you would eventually become a healthy and happy adult. You are now experiencing that transition stage from child to adult called being a teenager. This is your last time before taking on the responsibilities of becoming an adult to build a foundation for that transition into a healthy, happy and successful adult.

No matter which of these situations existed throughout your childhood, you have made it this far. You are a teenager! The nice part about this age is that your brain has matured greatly since you were a child. As a teenager, you now can think much more for yourself than you could as a child. In Session 1 of this Guidebook, you learned about your individual personality and how to improve happiness within yourself by choosing to balance and implement positive energy more and more in your life. This is also true in your relationships. Learning how to integrate the positive energy of love into your relationships will help you get along better with anyone, even difficult people. This is a major aspect of creating and maintaining happy relationships in your life. In Session 2 of this Guidebook, you will learn how to do this with selected members of your family. You can apply this method of improving your relationships beyond your family to other important relationships in your life in the future. This includes a loving relationship that you may someday experience that might even produce children of your own.

## **Section 2.2 Creating Lasting Happiness in Relationships**

There are several different types of people in our life that we interact with, some are chosen, and some are not. Typically, the people we choose to establish friendship relationships with are people with whom we have things in common. Some examples of these might be that we: like the same music, play the same sport(s), like to sew, like the same famous people, enjoy algebra, like romantic comedies, like to cook, play the guitar, like to read, love to dance, like to travel, etc. These people are potential candidates to become our friends, perhaps even our best friends.

On the other hand, some of our relationships are with people we don't really have the luxury of choosing and we may or may not have much in common with them. These non-chosen relationships are with family members, in-laws, classmates, teachers, bosses, teammates, neighbors, and so on. Most of us get along reasonably well with these people. However, from time-to-time we come across someone that we just don't get along with, but we still need to interact with them. This can become a difficult relationship. Even within our family, we can sometimes experience personality conflicts that threaten our happiness.

**Resolving Conflict in Your Family Relationships** – The key to happiness in any relationship, either chosen or non-chosen, is to realize that whenever the negative energy of conflict and disagreement arises, it is typically the product of ego-based fear. Whenever this occurs, this negative energy of fear can be diluted (and eventually eliminated) with the positive energy of love. If you experience the negative energy of conflict and disagreement in any of your family relationships, you always have the option to consciously choose to rise above your ego into Higher Consciousness to selflessly bring the positive energy of love into the situation. When you choose to do this, the relationship has taken a step toward becoming a more “conscious relationship”. Conscious relationships do not let the negative energy of ego-based fears drag the relationship into argument, conflict or any other negative energy interaction that brings unhappiness into the relationship. Conscious relationships lead to greater happiness in your life. This is discussed further in Section 2.5 of this Guidebook.

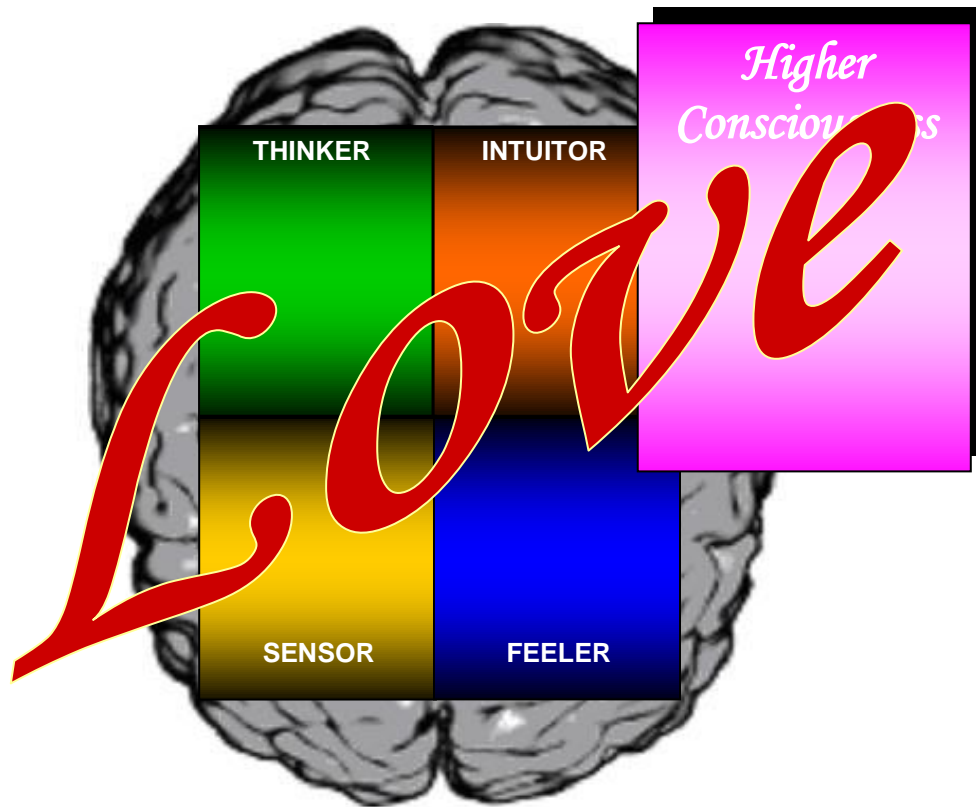
## **Section 2.3 Personality Temperament Pairings in Your Family Relationships**

When any two people interact, they are exchanging mental energy through their personality temperaments. If their dominant personality temperaments “Match”, they are likely to get along well together much of the time since their dominant thinking preferences are similar. If they match in both their dominant and secondary ranking temperaments, they are likely to get along well even more of the time. And in the somewhat rare case (but not impossible) where they match in all four temperaments, they are likely to think alike most of the time and get along very well together as a result. Where personality temperament rankings “Don't Match”, these are the areas of consciousness where personality conflicts and disagreements are most likely to occur.

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## The Path of Advanced Awareness

The Path of Advanced Awareness is a lifelong spiritual journey from fear to love. Feelings of lasting happiness come from continuous progress along your path, not on reaching some unrealistic goal. Don't always expect to feel happy as you travel your path. Don't be surprised if you sometimes fall out of spiritual integrity. That is human. We all make mistakes. The idea is that whenever you have temporarily lost your way, you simply pick yourself up, get back on your path, and do better the next time. This is how you grow. This is your path to lasting happiness.



### **Advanced Awareness**

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