

"International Youth Day" of the United Nations (UN) August 12

LINK: <https://hanglberger-manfred.de/en-tag-der-jugend-PDF.pdf>

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Youth is a time for discovery (1)

1. Discover your own originality
 - *Differentiation from the family* >>>
 - *Connectedness with the family*
2. The importance of the peer group
 - *Belonging*
 - *Disputes (arguing)* >>>
 - *Confrontation (criticism)* >>>
 - *Seeing one's own family from a distance*

Reconhecer e reduzir cargas psicológicas

1. Stress caused by injuries [>>>](#)
2. Stress caused by deficit experiences [>>>](#)
3. Stress caused by helper roles [>>>](#)
4. Systemic stresses [>>>](#)
5. *Family tree work* [>>>](#)

Youth is a time for discovery (2)

1. Discovering the larger "Heaven":
Beyond the security with parents
Self-responsibility and "Feeling supported"
2. The question of the meaning of one's own life >>>
3. Discovering one's own place in the cosmos: >>>
I and the scientific worldview >>>
Belonging to the community of life in nature >>>
4. Discovering one's own place in society: >>>
Belonging to humanity (Universal Declaration of Human Rights) >>>
5. Dealing with the diversity of one's own feelings >>>
6. Living from within: Developing a conscience
„Hence man's dignity demands that he act according to a knowing and free choice that is personally motivated and prompted from within, not under blind internal impulse nor by mere external pressure.”
(From the Council document "Gaudium et Spes", Chapter 17)
7. Rationality and spirituality >>>

The refusal to grow up

1. Sometimes a problem of sandwich children.
But other children can also have this problem.
2. Sandwich children: Usually the middle of three children
3. Sandwich children are often connected to a grandparent.
4. Sandwich children (but also other children) can be unconsciously connected to the person among their ancestors who is most devalued - possibly because this person is/was very "difficult".
5. Due to this connection, such children often sacrifice their own childhood and adolescence, which they later try to make up for.
6. Due to this unconscious connection with an adult, these children always feel like adults – not like children!
7. Later, they refuse to grow up and take responsibility for their lives.
8. As a result, they can burden their parents extremely, both materially and psychologically.
9. For their problems, they often blame their parents and other people who try to help them.
10. Some tend toward violence and embark on a criminal career.

Recommendations for parents: >>>

Blessing Word of parents at the wedding of their children

We, your parents, have given you life.
It's nice to have you.
But of course you are not our property.
You own yourself.

You were entrusted to us.
We have borne you, have brought you into life and guided you,
have nourished and cared for you,
gave you a home and a homeland,
and we are glad that you have become adult people.
You now stand on your own feet, you make your own decisions,
you design your life in your own way.
We wish you every joy with it.

Today is the feast of your wedding, of your decision for each other
and for a common future.

Today is also a day of farewell:

We, the parents, say goodbye to the parental role for you
as nourishing, educating and caring parents.
You should know that you always, whatever may come,
keep a good place in our hearts,
that our blessing, our benevolence, our love will accompany you,
but that we also have respect for the new and unique
that you embodies in your character and in your community,
which you build together.