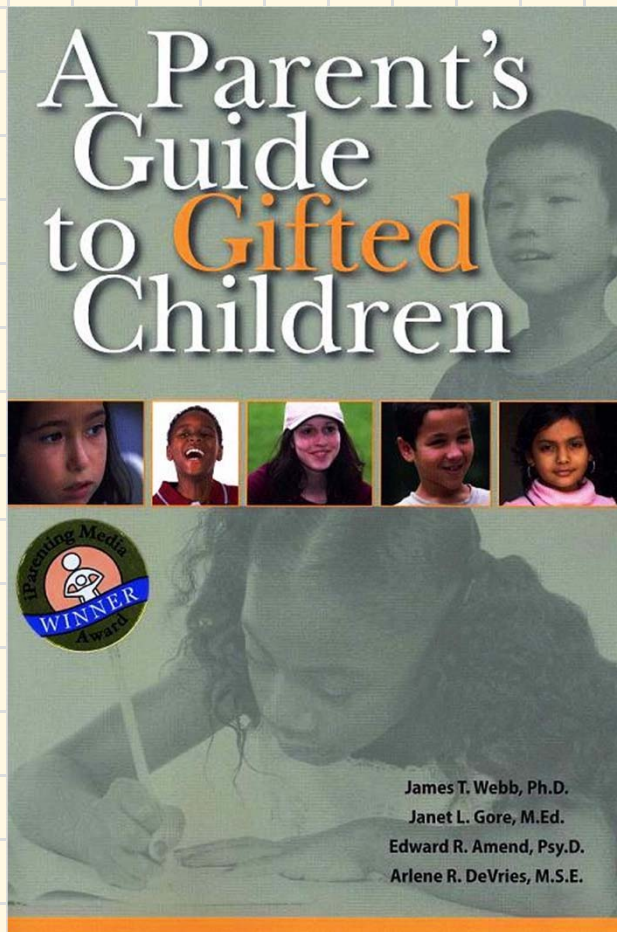


Intensity, Perfectionism and Stress



A Parent's Guide to
Gifted Children by
Dr. James T. Webb



Intensity

- Active imagination
- May talk incessantly when excited about some idea
- Idealistic- high expectations of others
- Notices hypocrisy
- May be judgmental of others
- Asks many questions
- Questions why things are done



Sensitivity

- Pick up emotions of others easily
- Advanced empathy and compassion (I.E. homeless and handicapped people)

Parents:

- Sensor TV and Pre-Screen movies
- Monitor your conversations- children eavesdrop and may misinterpret a situation and develop fears- divorce, terrorist attack, they are not loved, etc.



Perfectionism

- “Driven” pursuit of unrealistically high goals and vast disappointment when they fall short
- Anything less than perfect is a failure



Ways parents unintentionally nurture perfectionism

- Checking homework to make sure all questions are answered correctly
- Insist the child re-do his mistakes
- Call attention to the one B instead of the many A's on the report card

What are some possible Messages sent to the child?

- Mistakes are bad
- My self-worth is tied to my accomplishments



3 Questions a perfectionistic child can ask himself:

1. Is it good enough?
2. In the long run, will it really matter?
3. What is the worst thing that could happen?



Stress

- Able to intellectualize or minimize their feelings
- Headaches
- Shoulder and neck tension
- Stomach aches
- Tantrums

Worries

- Making and keeping friends
- Fitting in
- Fear of failure
- Rejection by peers
- High expectations of others
- Feel misunderstood
- Intellectual Imposter Syndrome



Helping the stressed child

Open a discussion, “I can see you are concerned about that.”

Let the child take the lead in the discussion.

Help them realize what is in their control- *their own thoughts and their actions.*

Teach them to monitor their inner voice, their “Self talk”- which tells them if a situation is a disaster or an opportunity to learn and grow.

Ask your child, “What does your inner voice say to You?”



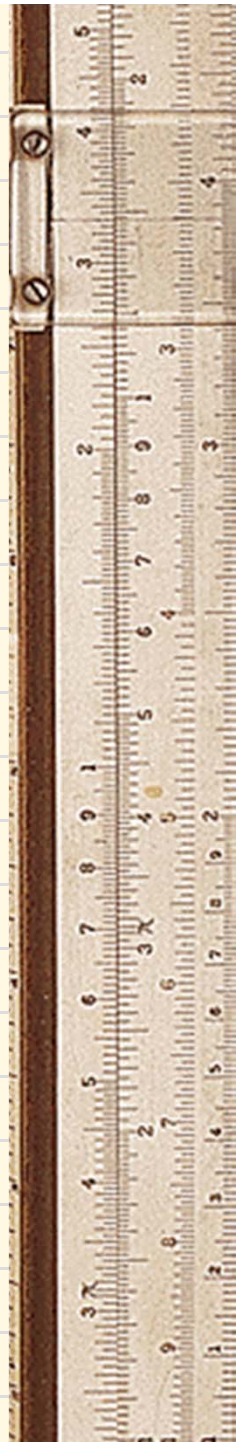
Changing Self Talk

Positive

- I can do this!
- I will persist!
- I will get help.
- I am smart.
- This is challenging
- This is fun

Negative

- I can't do this!
- I give up!
- I'm never going to get this.
- This is too hard.
- I'm stupid
- This is boring



“Nothing is good or bad but
thinking makes it so.”

William Shakespeare

**“I...have known a great many
troubles , but most of them never
happened.”**

Mark Twain

