



## **Module 5 – Understanding the Teenage Brain**

We just learned the basics about adolescent brain development...now it's time to think back to when you were a teen.

This week's assignment is to grab your journal and write about an event (or two, if you'd like) from your own teen or young adult years when you made an unwise choice or took a walk down an unhealthy path.

How did your parents respond? Could they have done something different or more helpful in the situation? If you could go back to that time, what would you have done differently?

Of course you will be writing from an adult perspective, but I want you to **remember** what it was like to go through this challenge as a teen and to **reflect** on it as the adult you are today.

I look forward to discussing this during our next session!