

This didn't start yesterday

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=4GBSDSN8TIY](https://www.youtube.com/watch?v=4GBSDSN8TIY)
<https://www.youtube.com/watch?v=4GbSDsn8TIY>

SUMMARY

The discussion highlights the complex emotional struggles faced by adolescents, particularly those with suicidal thoughts, emphasizing that these issues often stem from early childhood experiences and societal pressures. The speaker suggests that a disconnect between a child's internal needs and their external environment can lead to significant mental health challenges during their teenage years.

- Suicidal tendencies in adolescents often have deep-rooted causes that predate their current struggles.*
- Early childhood experiences, such as excessive timeouts or physical discipline, can negatively impact emotional development.*
- Children learn to prioritize others' happiness over their own, leading to feelings of inadequacy and peer pressure.*
- The societal messaging that prioritizes external validation can create internal conflict for teenagers.*
- Many parents and caregivers unknowingly contribute to these issues by adhering to conventional parenting practices.*
- Understanding the origins of these struggles is crucial for effective intervention and support.*
- Addressing the disconnect between internal needs and external expectations is essential for improving adolescent mental health.*

If I have a suicidal 16-year-old in my office, I'm like, "Okay, this didn't start yesterday. It appears to have come out of nowhere yesterday." And if we really look back, we can probably find lots of examples of how the external environment did not line up with the internal need. Kids who spent a lot of time in timeouts when they were little or kids who were smacked or spanked when they were little. any of those kinds of things where we withdrew their most essential need connection in order to control how they were showing up. And then we wonder when they hit 12, 13, 14, 15, and they start to think for themselves a little bit, why they start to struggle, why they feel like they cave to peer pressure and they have to contort themselves to fit in because they've onboarded quite a lot of messaging that is you keep everybody around you happy and then you'll be happy. You don't keep those people happy, you're not going to be happy. And it leads to a lot of difficulty downstream for kids and through nobody's fault. You're all sold aligned that this is how you're meant to go with your children, etc.,