

# Why Kids Are Hurting

— Insights from **Dr. Michael Absatz** —



## Lack of Unconditional Love

- Loved only for achievements
- Need to feel accepted for who they are



## Absence of Purpose

- No sense of meaning
- Not recognizing their unique gifts

## Three Essential Learnings

### Internal Awareness



- Know their feelings
- Develop empathy

### Understand the World



- Learn about power & change

### Interpersonal Awareness



- How to relate to others

## Path to Integration

\* *How will I share my gifts with the world?*

- Purposeful Action
- Emotional Strength
- Sense of Belonging



## Role of Adults



Disconnection



• Lack of Meaning



• Unmet Needs

## Fill Their Cup First

*"You can't pour from an empty cup."*



Help Kids Feel **Loved, Valued & Ready to Give Back**

Why Kids Are Hurting video by Dr. Michael Absatz on YouTube: <https://www.youtube.com/watch?v=JEyqoxY7LsY>  
Used ChatGPT to create: Why Kids Are Hurting – Insights from Dr. Michael Absatz

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