

The Five Adaptive Styles in Children

We each have certain talents and predispositions that characterize the way we learn from our experiences and deal with the stressors of life. The ancient Chinese developed a holistic system of **Five Phase Correspondences** that I use to help parents and children understand their nature.

The Five Phases are reflected in the personal ways we adapt to the changing world around us. When we are “in tune” with nature, our talents shine and we find it easier to make healthy connections with the world around us by paying attention in a clear and relaxed way. When we are “out of tune” with nature, our attention is driven by excess stress and insecurity, leading to emotional instabilities that make intimacy and learning difficult. Recognizing which of the five adaptive styles is the predominant one for your child is an important first step in understanding how to begin training his or her attention more effectively.

<i>Tuning in to the Big Picture</i>				
<i>Wood</i>	<i>Fire</i>	<i>Earth</i>	<i>Metal</i>	<i>Water</i>
The True Hero Strengths: Attracted to movement Physically adept Loves exploring Pushes boundaries Goal Driven Learns physically “In the Flow” “The Pioneer”	The True Leader Strengths: Attracted to Novelty Sensory-Aware Enthusiastic Dramatic Lives in moment Learns by intuition “High Engagement” “The Wizard”	The True Caregiver Strengths: Attracted to Attachments Fitting in Concern for others Pleasing others Learns by context and relationships “Being Present” “The Peace-maker”	The True Judge Strengths: Attracted to Order Rhythms, Routines Details Justice Righteous Learns by Patterns “Precision” “The Alchemist”	The True Sage Strengths: Attracted to deep thoughts Slow and steady “Old Soul” Learns by Imagination Inner exploration “Immersion” “The Philosopher”
<i>Tuning Out the World</i>				
The Wild Child Distracted by stillness And constraint Frustration Hyperactive Hostile Shouting Anger Tension Headaches Muscle twitching	The Class Clown Distracted by boredom Impulsive Over-stimulated Melt-downs Panic attacks Hypoglycemia Sensory integration Sensory craving Diarrhea	The Worrier Distracted by separation Anxious Disorganized Indecisive Procrastinating Over-thinking No boundaries Stomachaches Emotional eating	The Stuck Child Distracted by disorder Rigid Hyper-focused Self-Righteous Compulsive Negative Constipation Eczema Tics	The Daydreamer Distracted by Time Withdrawn Dark Stubborn Depression Apathy Deep fears Malaise Back pain Hypochondria