# Adolescence: The Fire of the Self

## The Age of Fire (15-20 years)

I am the flame that refuses to go out.

I shout, challenge and run away because I cannot bear the silence of being misunderstood.

Sometimes I mistake anger for courage, freedom for escape.

Inside me is a hunger to be seen, recognized and loved for who I am.

I am the part that wants to live, even when it does not know how.

## Aspect of consciousness

The part that challenges, reacts and wants to exist at any cost.

It is the voice of identity, courage and life-affirming anger.

During the panoramic life review, it struggles most to accept its mistakes - but it is also the part that, when it finally understands, turns guilt into creative fire.

## Challenges

1. Letting go of defensiveness. Recognizing that the anger was not strength, but pain that went unheard.
2. Listening to the other Selves. Accepting that they, too, suffered through that moment, from different perspectives.
3. Making peace with that act. Admitting that running away was not only rebellion, but also a plea for love.

## Deep needs

1. Recognition. You want them to say: “You had the right to be angry.”
2. Acceptance. You need to know that you are not defined by that mistake.
3. Opening up again. You long to reconnect with those you hurt - even if only in memory.

## Your memory

It was a summer evening.

You were 17.

You had argued with someone - perhaps a parent, a teacher or a friend.

You felt misunderstood, judged and crushed.

You shouted something harsh, ran out, slammed the door and did not look back.

It was anger, but also fear.

And as you ran, for a moment you felt that you did not want to escape from them - you wanted to escape from yourself.

## What you feel as you tell the story

You feel the anger returning as if it were happening now.

You do not want to justify yourself, but neither do you want to be forgiven.

You know you were not right, but you were not wrong either: you only wanted to be heard.

During the discussion, you interrupt, raise your voice and try to defend your version of events.

Whenever the others try to rationalize, it feels as though they are “killing the truth”.

Only when someone reaches you with empathy do you lower your defenses.