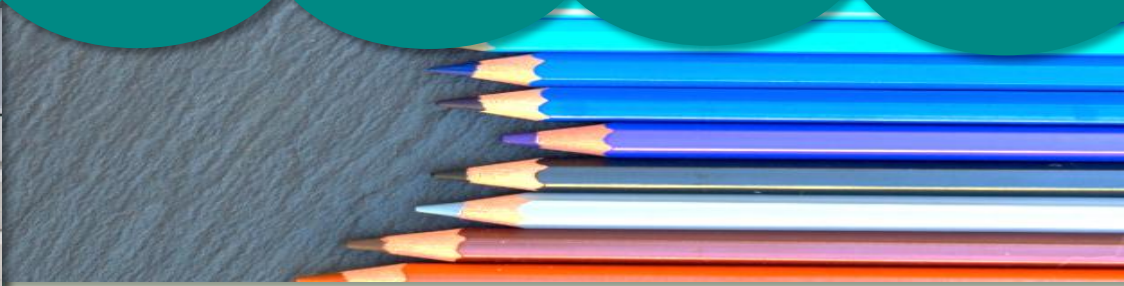


-Listen To Me-

Thoughts & Views from The Upcoming Generations



May 2025
Issue 8



Dr. Recco's Corner

Here we stand with yet another chance to proclaim and make things known to the people. My heart remains heavy and burdened for women and their overall well-being in America. If it were not for some “rotten egg” men, most women would be flourishing, and society would be at its strongest point.

Way too often, I hear story after story about how life was good for an aspiring woman until Mr. Wrong came into her life. He was once Mr. Right but for various reasons, he used his liberties and status in society to become a full-fledged thorn in the flesh for her and her purpose. This my friend needs to come to an end. A good way to stop the foolery and games played by men at the expense of women is for men like me, to speak up and speak out. A real man cannot stand by passively and allow disgrace and treachery to be loosed on wholesome women.

We as caring and informed men can enhance and change the trajectory of women throughout the world if we set ourselves to be the voice of authority. As men, we should not perpetuate or tolerate the abuse that is spewed at women. We must do better. I'm sending out a hearkening, all hands-on deck, and battle cry for the men in every community to come forth and address the evilness of our brothers, uncles, buddies, nephews, and cousins that restricts women. This day and this hour, I'm rolling up my sleeves and setting myself to confront my brethren. Are you with me? I'm convinced that this is what I'm to be doing right now. Are you convinced enough to help me? Are you convinced enough to help our mothers, sisters, wives, aunts, nieces, and daughters? Men, we need to do something and today is a good day to start.

The Listen To Me Newsletter

A publication dedicated to discussing topics and experiences of the coming generations.

Silent Generation (1928-1945)
Generation X (1965-1980)
Generation Z (1997-2012)

Baby Boomers Generation (1946-1964)
Millennials Generation (1981-1996)
Alpha Generation (2010-2025)

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Upcoming Community Events

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**“Community resources are critical to our wellness.”
Dr. Recco**

Generation Z, Millennials, & Cognitive Behavioral Therapy

By: Jiandan “Leslie” Hu, (Millennial Generation)

Many of us young adults struggle with depression and anxiety. In our brief time on earth, various life events and traumatic experiences have taken place and need to be addressed. One way we can address presenting symptoms and issues is to engage in mental health counseling that utilizes a technic called Cognitive Behavior Therapy (CBT).

Before delving into specific CBT, it is essential to recognize that our developmental window, which is often termed “emerging adulthood,” is characterized by identity exploration, role transitions, and heightened stress vulnerability. CBT has demonstrated robust efficacy for helping and treating anxiety, depression, and other disorders. It’s structured, skills-based framework aligns well with young adults’ desire for autonomy and concrete problem-solving strategies (Beck & Dozois, 2010).

This article covers four CBT techniques: behavioral activation, mindfulness and acceptance-based strategies, Socratic dialogue and guided discovery, and cognitive restructuring.

Behavioral Activation

Behavioral activation addresses avoidance and withdrawal behaviors common in depression and anxiety. It involves collaboratively identifying activities that the client finds rewarding or meaningful, such as exercise, socializing, or hobbies, and systematically planning these “antidepressant” behaviors into a daily or weekly schedule to increase positive reinforcement and counteract avoidance (Sanabria-Mazo et al., 2024).

Photo of young adults



For example, when a young adult is feeling down or depressed, they naturally stop doing things they used to enjoy—like hanging out with friends, going for walks, or working on hobbies. But the less they do, the worse they feel. It's a vicious cycle. Behavioral activation helps break that cycle by encouraging them to start small and do activities that can lift their mood, even if they don't feel like it at first. The idea is: action leads to motivation, not the other way around.

Mindfulness and Acceptance-Based Strategies

Mindfulness and acceptance-based approaches in CBT help clients observe thoughts, emotions, and bodily sensations with curiosity and without judgment, thereby reducing reactivity and increasing psychological flexibility. By intentionally bringing non-judgmental awareness to the present moment (mindfulness) and allowing internal experiences to be as they are rather than fighting or avoiding them (acceptance), clients learn to disentangle from unhelpful thoughts and feelings. Over time, this builds tolerance for discomfort, fosters self-compassion, and empowers clients to choose values-driven actions even when distressing internal experiences arise (Goldsmith et al., 2023).

“We don’t have to struggle with depression and anxiety.”



“We have to find ways to be healed and whole.”
Dr. Recco

Leslie Hu
“Millennial Generation”



Socratic Dialogue and Guided Discovery

Socratic dialogue in CBT helps Generation Z and Millennials clients examine and reframe unhelpful beliefs by guiding them through a structured series of open-ended questions rather than simply telling them what to think. For example, a therapist might ask, “What evidence supports that thought?” or “Can you think of an alternative explanation?” to help the client test the accuracy of their assumptions and generate more balanced perspectives. Over time, practicing Socratic questioning empowers clients to independently challenge negative thoughts in daily life, reducing emotional reactivity. and promoting adaptive coping (Kazantzis & Stuckey, 2018).

Cognitive Restructuring

Cognitive restructuring involves identifying and challenging negative thought patterns that contribute to emotional distress. This technique is particularly valuable for young adults experiencing cognitive distortions related to academic performance, career uncertainty, and relationship challenges.

This process involves identifying automatic negative thoughts, evaluating evidence for and against these thoughts, and developing more balanced perspectives. Cognitive restructuring effectively reduces symptoms of depression and anxiety by helping individuals recognize and modify automatic negative thoughts (Nicoară et al., 2024).

Final Thoughts

Generation Z and Millennials are the future of America. We possess the youthfulness, skills, determination, creativity, and drive to move us all forward. As a result, if and when necessary, we should address our mental health symptoms. Symptoms that can stymie our goals, cause havoc in relationships, restrict our parenting efforts, promote uneasiness, and place burdens that should not be carried.

“The Discovery of ourselves is so important.”

“The goal is to have quality behaviors and thoughts.”
Dr. Recco



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PREVIOUS TRAINING TOPICS

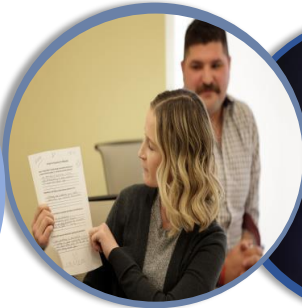
- Stress Tolerance & Trauma
- Successful Team Building
- Suicide Prevention & Resilience
- Understanding Mental Health
- Organizational Behavior
- Child Management Techniques
- Behavior De-Escalation
- Entrepreneurship & Business Growth
- Working With At-Risk Populations
- Interpersonal Communication
- Effective Behavioral Systems
- Intimate Partner Violence & Trauma
- Mentoring, The Missing Link
- Employee Retention & Recruitment
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Recco S. Richardson, Ph.D., LPC
Clinical Therapist, Author, Trainer



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**"Young children need learning and
enrichment 12 months a year."**

Dr. Recco

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**"Caregivers are a treasure."
Dr. Recco**

Late last month, I accepted a speaking engagement for a local organization. The event's theme was "Watch Me Be Great." It was a well-organized and productive occasion that captured the imagination and interest of the approximate 25 teen male participants (Alpha Generation). I saw great hope and intelligence in the room.

My tasks were to discuss with the participants how to go about being successful in life now and in the future. With the hopes of walking the young men through a process and yet giving them thoughts to hold on to, I developed a group project assignment for them to complete. The assignment asked them to report on their groups' focus word in terms of what it means and why the word is important to them, their learning, and their home life.

They did a wonderful job tackling the project and sharing their answers with the entire group. Things went so well that I decided to make the project the focus of this article. I also made it the focus because if I were assigned for 6 months to develop a crop of future young leaders, the curriculum, discussions, worksheets, field trips, mentoring activities, small group meetings and intent would center around the following words.

1). Focus: The word focus means the main or central point of something that we have an interest in. It is the ability to concentrate or give energy to a specific task, goal, or objective. Focus also means to have sight that is not double, to be free of distraction, and to possess one-fold.

Photo of a focused teen



Being focused is important to all of us, especially the alpha generation (teens) because it saves us time, places within us a road map towards completing a goal, keeps us on track, reinforces the importance of the task, and can set an intern drive in us. When at work, school or play, the attributes deposited helps us to connect with the material, make proper inferences, quantify what is going on and frame what home and life are all about.

Adults and teens who desire to be more focused can simply do the following:

- a). Make up their minds to be more focused.
- b). De-clutter their brain & life.
- c). Avoid making excuses.
- d). Utilize their time wisely.
- e). Detach themselves from distractions.

**"We should never
forget about the
needs of our teens."
Dr. Recco**

**"The teen years do not have to be horrible."
Dr. Recco**

2). Motivation: As we know, motivation is an internal yearning that drives the alpha generation and us to pursue a specific course of action. It is the result of collective opinions and intentions that prompt us to willingly make decisions.

I have found that motivation is the energy and unction that lights a fire within us. It will not leave us alone until we put actions and effort towards securing something. Over and over, we have to re-light and stir up our levels of motivation. This is no easy task but well worth the pending rewards.

Photo of motivated teens



Motivation helps us achieve short term and long-term goals. As an initiator, its goal is to get us started and sold on getting what we want and need. Motivation helps us focus on the results and not the pain and anguish that must be endured at school, home, and work. The detesting of where we are in life right now is a good motivator for us to get up and do somethings. I'm finding that we must teach and help the alpha generation understand, accept, and stay motivated. If we fail to do so, we may have the

burden of caring for them in some capacity the balance of their lives.

Young people aged 10 to 18 (and the rest of us) who desire to be and remain motivated should embrace the following daily:

- a). Find things to be passionate about and go for it.
- b). Turn frustration and anger into fuel that inspires.
- c). Get plenty of rest.
- d). Remain inspired and filled with hope.
- e). Focus on what they want and not what they don't have.

3). Character: The word character means the impression and representation of what a person stands for and believes. It is what is engraved in us. It is who we are because of what was stamped in us. Lastly, character is distinctive qualities that is a collection of our identity, tendencies, moral compass, attitudes, mood, integrity, disposition, attributes, beliefs, honesty, and habits that others can see. Character is how other people see us. People cast, type, portray and ascribe an image, personality, or reputation to us.

**"On-going motivation
can take teens far."
Dr. Recco**

**"It's not good to lack motivation."
Dr. Recco**



Being and becoming a person of character takes time and must be done on purpose. It does not develop on its own within us. We must become one with an idea and coven to make it a part of who we are. In a way, we must marry ourselves to concepts that make us a quality and enriched person.

Our world is filled with too many individuals who have a stained and stymied character. For this and other reasons, research-based initiatives and careful parenting must take place if the goal is for the alpha generation (and other young generations) to develop wholesome character. Character traits that will follow them to school, show up in their relationships, be at the door when they arrive to work and be the person that they see in the mirror.

Regardless of their age, creed, color, and religion, individuals can be a person of high character if they:

- a). Are caring and loving.
- b). Humble themselves daily.
- b). Seek to give and not just take.
- c). Are honest and good-hearted.
- d). Learn to share.
- e). Respect, accept and appreciate others.

**"Our character still
counts in life."
Dr. Recco**

**"We choose to have a good character."
Dr. Recco**



How to Contact Us

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**"Life is more fun when we are happy."
Dr. Recco**