Discussion

[Name of the Student]

[Name of the Institution]

# Discussion

**Manny’s Main Problems**

Manny’s family is incomplete as he lives with his grandmother only. The housing facility does not meet the requirements for lodging as per the standard criteria. He feels himself not to be convincing in respect of his physical appearance. He is possibly not getting a sufficient amount of nutrition since no history of his parents or grandparents is available to suggest any genetic factors involved. He is also not a quick learner, which can affect his self-confidence. This also points toward cultural differences affecting his learning. He pursues unusual ways to assert his identity and prove his individuality. He demonstrates dual thinking (Berk, 2017). His perception of self urges him to behave in a different way than do the teenagers of his age usually do. His alcoholic abuse can be explained based on abstract problem behavior theory (Jessor, 2017). He does not seem to acknowledge his faults and not pay heed to any advice related to his behavior. He fears several things: returning to the class, predicting the future of his peers, etc. Interventions are needed to eliminate his fear that can bring disappointing results in his future.

**Advice for Manny**

Psychologist: “You should not let your fears become overwhelming.”

Manny: “But, I am helpless in fighting my fears.”

Psychologist: “You are good at taking risks in some ways, though I’ll not recommend that.”

Manny: (Remains silent; looking here and there)

Psychologist: “I believe you can do really well if you study in a group with one or more of your friends.”

Manny: “Life is difficult to …”

Psychologist: “You are right, but good people around us make our life easy. Your grandmother loves you, and your true friends will stand by you.”

Manny: “Will it be good in the end?”

Psychologist: “Think logically, and plan your steps.”

Manny: “I am afraid of my studies, I find them difficult.”

Psychologist: “Your studies are not more difficult than the risks you take to prove yourself.”

References

Berk, L. E. (2017). *Development through the lifespan*.

Jessor, R. (2017). Problem Drinking and Psychosocial Development in Adolescence. In *Problem Behavior Theory and Adolescent Health* (pp. 105–121). Springer.