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OUTSIDE



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Activating Strategies to fight Hikikomori Condition
2023-1-IT02-KA210-ADU-000150723

Training Awareness Program

Me in Me
Values-Driven
Strategies to Overcome
Avoidance





Hikikomori

The phenomenon of **Hikikomori** in Japan refers to the withdrawal of adolescents and young adults from society, often characterized by staying indoors for extended periods, avoiding social interactions, and sometimes even reversing their sleep schedules.

This behavior has garnered attention as a significant social problem in Japan since the 1990s.

Initially, **Hikikomori** was perceived as a phenomenon exclusive to Japanese society.

However, more recently, similar occurrences have emerged in numerous other countries and garnered widespread attention in the global media.

In 2010, the Oxford Dictionary included a new entry for **Hikikomori** indicating its acknowledgment and relevance beyond the confines of Japanese culture.

Procrastination

The integrated definition of **procrastination**, proposed by Klingsieck (2013), emphasizes the voluntary delay of important activities despite foreseeing negative consequences.



Hikikomori & Procrastination



The link between hikikomori and procrastination is speculative and lacks empirical support, caution is advised when exploring potential connections.

Nonetheless, exploring potential connections between hikikomori and procrastination can still provide valuable insights, albeit within the framework of our project's objectives rather than rigorous scientific research.



Commonalities

- psychological factors
- cyclical patterns
- underlying mechanisms

Broad and generic commonalities





Commonalities

- excessive internet use
- coping mechanism against stress
- **avoidance behavior**
- **adolescents**

Potential connections



Strategies to Address Avoidance Behaviors in Adolescence

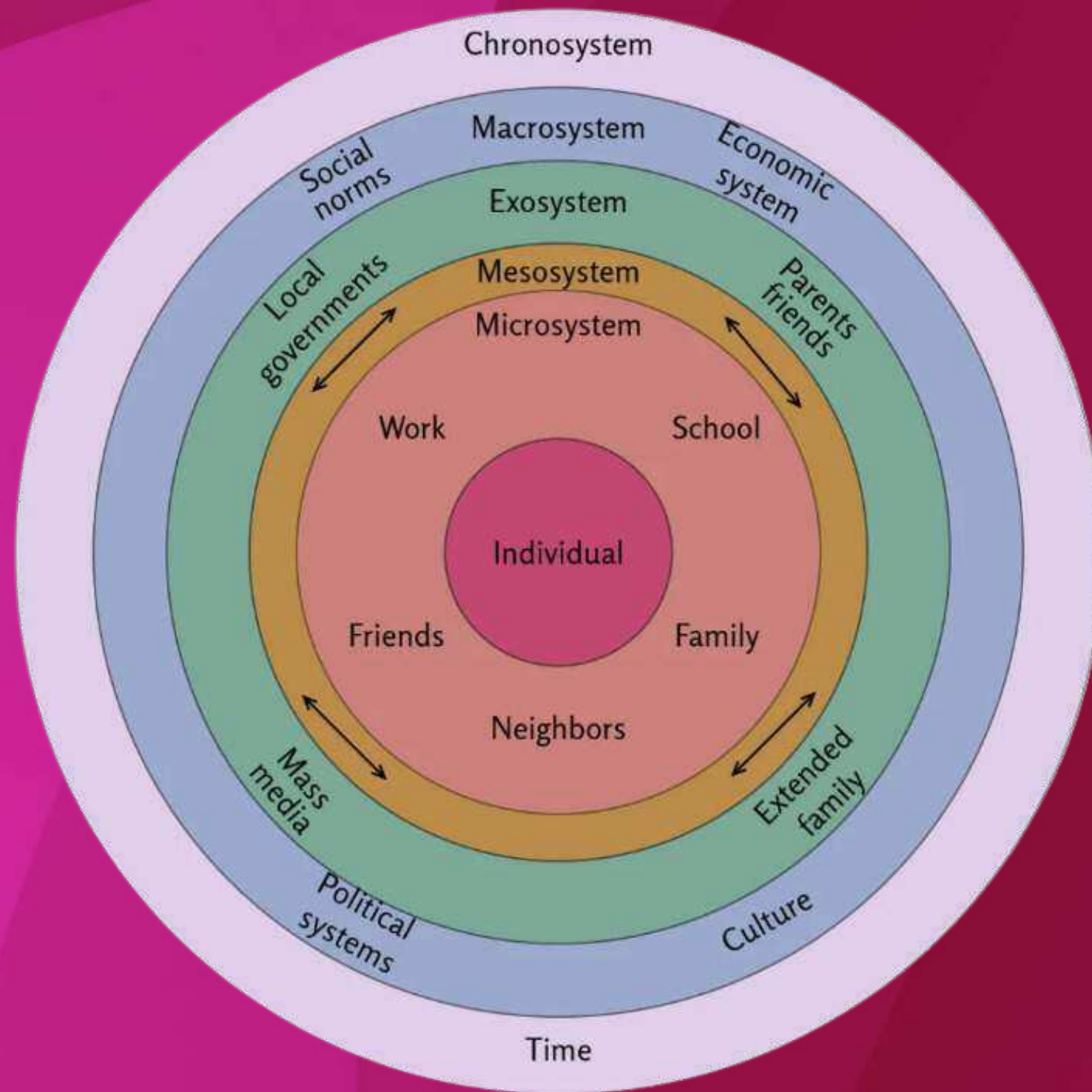


Lorem Ipsum is
simply dummy

Understanding Adolescence

- Ages 13 to 19, with roots often in preteen years
- Facilitating psychological and social metamorphosis
- Transition into independent young adults, carving distinct identities in society
- Profound physical and psychological changes
- Key themes: Identity, independence, belonging
- Challenges: Academic pursuits, friendships, sexuality, substance use
- Egocentric tendencies: Common, amid insecurities and societal pressures





Understanding Adolescence

- interactions
- microsystem
- interdependent systems and youth well being

Understanding the adolescence from bioecological model

The bioecological model posits that children's development is shaped by their interactions with parents and caregivers, which are influenced by factors such as work, school, and community settings.

These settings, in turn, are impacted by **broader social, cultural,** and **policy** contexts. The interconnected layers of relationships and environments interact with each other, shaping children's development and fostering resilience.



Investigating Basic Needs & Personal Values & Initial Intentions

Wheel of Life

A Coaching Tool Adaptation





The Wheel of Life

The Wheel of Life is a coaching tool that visually represents different life areas for individuals to assess their satisfaction levels.

By rating these areas, individuals gain insight into areas needing improvement, motivating them to make positive changes.

This self-awareness empowers individuals, providing focus and direction for a fulfilling life.

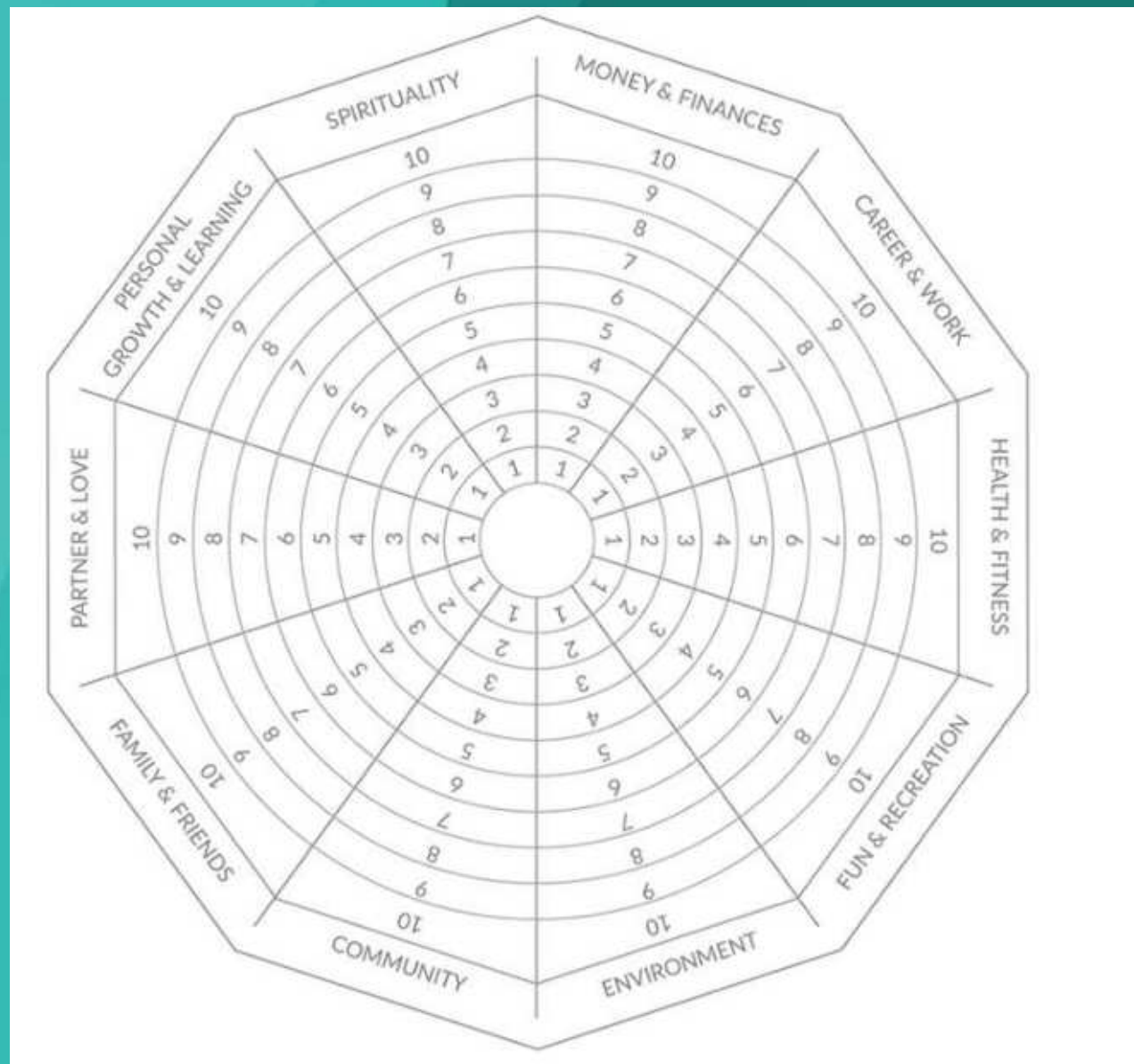


How to Implement

Wheel of Life

Step 1: Introduce the Wheel of Life

- Provide the adolescent with a printed Wheel of Life.
- Explain that it offers a snapshot of how they perceive different aspects of their life.
- Discuss the meaning of all categories like
- Modify categories as needed to suit the adolescent's preferences and life circumstances.



How to Implement Wheel of Life

Step 2: Rank the Categories

- Ask the adolescent to score each category from 1 to 10, indicating their level of satisfaction.
- Clarify that this step provides an overview of their life satisfaction.



How to Implement

Wheel of Life



Step 3: Review the Wheel as a Whole

- Examine the overall shape of the wheel and discuss its significance.
- Prompt a discussion about life satisfaction with questions like:
 - How do you feel about the wheel's shape?
 - How would you like to change it?
 - What surprises you?
 - What does a score of 10 represent to you?
 - Which category would you like to improve first?
 - How do you currently allocate your time in each area?
 - What steps can you take to improve satisfaction in each category?

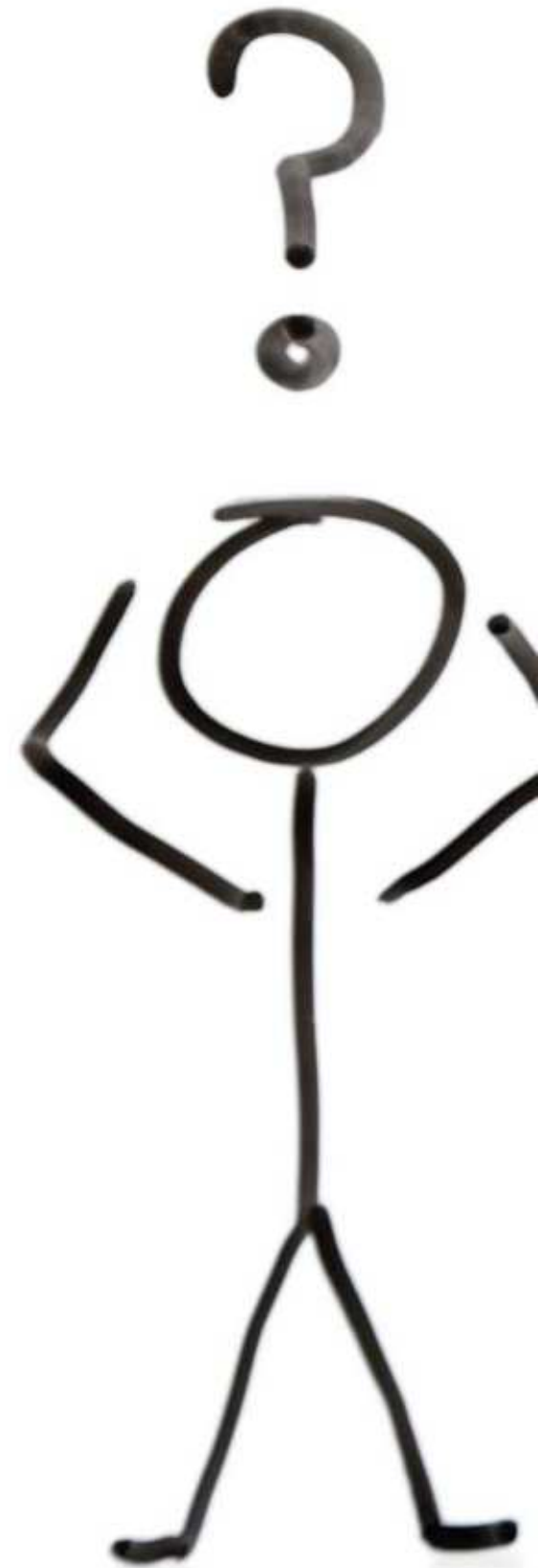


How to Implement

Wheel of Life

Step 4: Review Each Section

- Discuss areas of interest or concern identified by the adolescent.
- Explore questions like:
 - Why does this area need attention?
 - What can improve your satisfaction by one point?
 - How balanced do you feel in this area?
 - What's missing that could affect your score?
 - What could enhance this area of your life?



How to Implement

Wheel of Life

Step 5: Identify Actions

- Assign an activity or goal for each category to improve satisfaction.
- Ensure goals are SMART
- Emphasize that each action contributes to overall life balance.



How to Implement Wheel of Life



Step 6: Revisit and Review

- Periodically reassess the Wheel of Life to track progress and identify outstanding actions.
- Use ongoing check-ins to understand behavioral patterns and address obstacles.



Investigating Basic Needs & Personal Values & Initial Intentions

Wheel of Values

A Coaching Tool Adaptation





The Wheel of Values

- Visual representation of core values and priorities
- Guides discussions and exercises in values exploration
- Increase self-awareness and alignment with authentic self
- Values mapped across life domains (career, relationships, health, etc.)
- Identifies congruence and areas for growth or adjustment
- Reflective inquiry and goal-setting exercises
- Clarity on aspirations, informed decision-making
- Intentional alignment with values for greater fulfillment





Culture & Values & Change

- How do we construct ourselves?

Different values and different practices.

Changing values and changing practices.

- How does this relationship proceed?

Values Clarification

- As experts working with adolescents, helping them understand their values is crucial for making meaningful life choices and fostering authenticity.
- However, adolescents may struggle to articulate their values, as these hold deep emotional significance.
- Instead of providing a list of values, wheel of values involves guiding adolescents through self-exploration and reflection to uncover their values in a supportive environment.
- The focus is on helping adolescents resonate with the general idea of a value, rather than finding the perfect word.



CONFUSION

CLARITY



Step 1: Introduce the Activity

Explain that you will be exploring special moments in their life that were especially rewarding or poignant. Emphasize that these moments should be brief and specific, focusing on a single "peak" experience.

Step 2 : Prompt the Client


Encourage the client to recall a specific moment in their life that stands out as particularly meaningful or fulfilling. Prompt them to think about **the circumstances**, **people involved**, and **emotions** they experienced during that moment.

3. Probe for Details: Once the client has identified a moment, delve deeper by asking open-ended questions to elicit more information. Ask about what was happening, who was present, and what values were being honored during that experience.

4. Acknowledge and Validate: Throughout the discussion, acknowledge the client's responses and validate their feelings. Reflect back what you're hearing and offer supportive statements to encourage further exploration.

5. Test for Values: Periodically test the client's responses by suggesting potential values that may have been present in the moment. Use phrases like, "Is there a value of freedom in that experience?" Observe the client's reaction and adjust your approach based on their feedback.





6. Confirm Resonance: When the client responds positively to a suggested value, acknowledge their reaction and confirm if it resonates with them. Use phrases like, "It sounds like you were honoring a value around freedom. Does that sound right?"

7. Encourage Expansion: Encourage the client to expand on the values they've identified. Ask follow-up questions to explore the meaning behind each value and how it relates to their personal experiences.

8. Continue Exploring Peak Moments: Repeat the process by asking the client to recall additional peak moments from their life. Continue seeking experiences that the client found particularly rich and fulfilling, using each moment as an opportunity to uncover and clarify their values.



SUMMARIZE

9. Summarize and Reflect: At the end of the activity, summarize the values that emerged during the discussion and reflect on how they contribute to the client's overall sense of fulfillment and purpose.

10. Offer Support and Follow-Up: Provide support and encouragement to the client as they reflect on their values and consider how they can integrate them into their daily life. Follow up with the client in future sessions to revisit their values and track their progress in aligning their actions with their values.

Changing Avoidance (Behavioral Activation)

Behavioral activation (BA) is an effective psychotherapeutic approach for various disorders like depression, anxiety, and PTSD, focusing on engaging in adaptive activities and reducing distress-maintaining behaviors.

Recent approaches emphasize addressing avoidance to improve mood. The Changing Avoidance (Behavioral Activation) worksheet aids clients in identifying and replacing maladaptive avoidance behaviors with healthier coping strategies.



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