

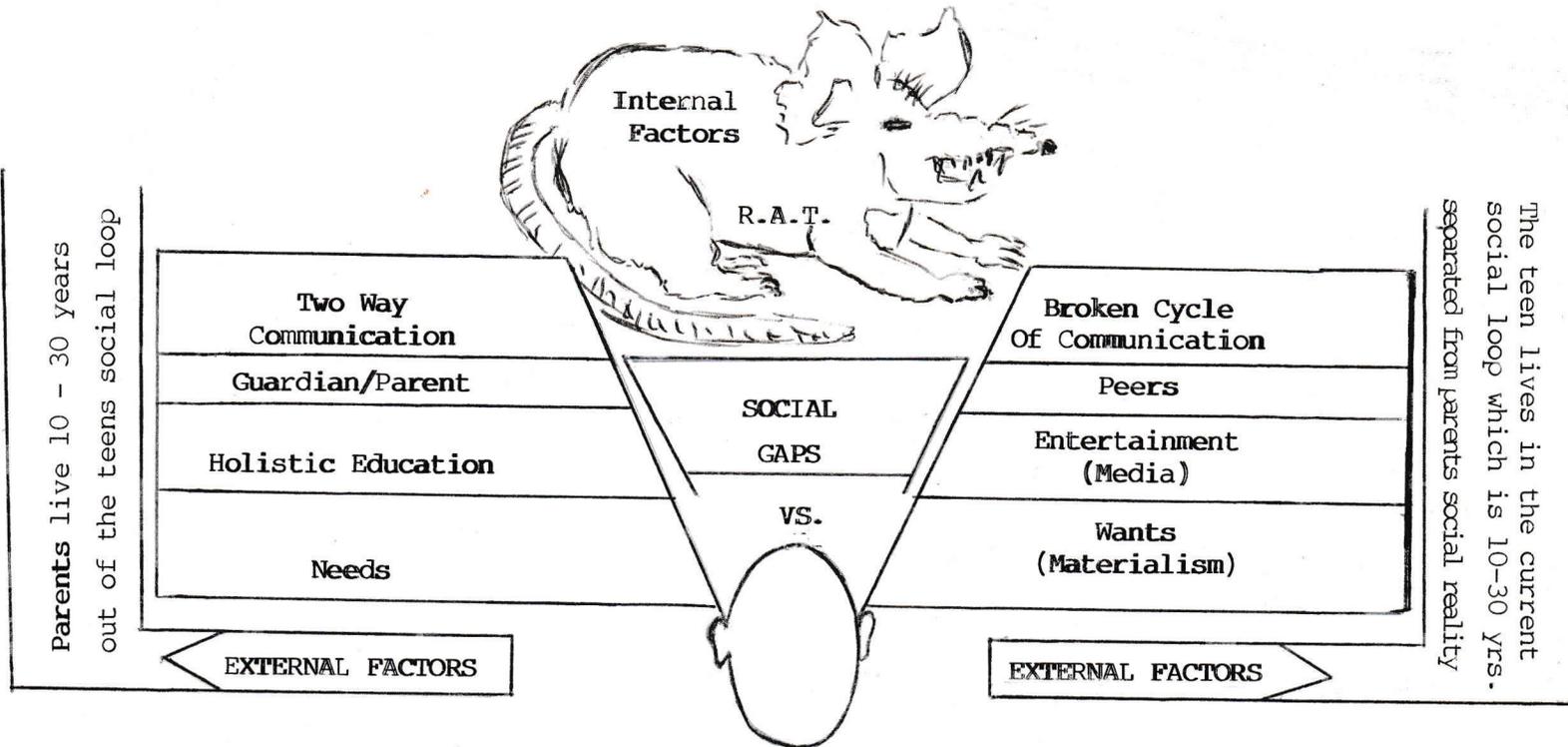
PARENT / TEEN
COMMUNICATION GAPS RESOLUTION
MODEL

" Breaking Down Communication Barriers Between Parents & Teens "

WELCOME! Thank you for being concerned about the youth! Proactive parenting is the key to effective communication with our teens. It is important to note that today's parents are much younger and should be able to more readily identify with the mentality of their children. With the majority of our teens being raised by single mothers, it is imperative to remain creative with getting teens to sit down and listen; communicate and grow in the relationship.

Since the gaps are in communication between parents & teens, then it is effective '**COMMUNICATION**' that must be used to close the gaps! Communication is a very important part of successful relationships, and it is often pointed out that it's a two way responsibility between the parent & the teen, but the parent always has the greater responsibility to be more mature & more skillful in breaking down the communication barriers in the relationship. **It's not always easy, but it must be done : by YOU !**

Here is a basic diagram & **SOLUTION BASED MODEL** designed to initiate more **effective communication** between parents/guardians and their teens.



Internal Factors

The On Da Verg (ODV) solution process requires every solution based model to begin with an inquiry into the 3 LIFE DIETS of the person(s) being troubled by a particular problem.

The COMMUNICATION GAPS crisis exposes the unbalanced state of the parent and teens spiritual, social and physical (food & liquid) diets. It's summarized by the acronym **R.A.T.** :

- * Relationship deficiencies
- * Agreement roadblocks
- * Talk leads to trust, lack of talk leads to lack of trust

These 3 elements of **R.A.T.** intertwines themselves within the parent and teens holistic state of being (their whole self, and their whole relationship). It directly and indirectly effects their spiritual, mental, physical and emotional state, and the way they function together. All of this correlates with the 3 LIFE DIETS mentioned above. There must be adequate spiritual activity, proper social activity, and a healthy physical (food & liquid) diet followed by regular physical exercises.

The INTERNAL FACTORS are assessed using our ODV 2013 document and applying our Recommended Daily Proficiency Scales. There's a set requirement of activity for each diet. Please see document (pg. 19).

At ODV whenever we even get a hint that there's a problem with the natural 2 way cycle of communication, we use the moniker : "I SMELL A RAT".... It signals that there is a need to stop and exterminate those elements presently hindering proper communication. Our allegorical symbol for broken communication cycles is the rodent widely known as the R.A.T. It is the attributes of the rat that correlates with the ailments of broken communication . Some are as follows :

- * Rats are pests, nuisances. It's the same with broken communication cycles.
- * Rats bore holes in the structure of homes and other dwellings. ~~(xxxxxxrelationships, unity, etcxxx)~~. The R.A.T. elements mentioned in this model bore holes in 2 way cycles of communication, and further leads to the destructiveness of an unbalanced state
- * Rats breed & reproduce very fast. Broken communication leads to multiple problems very quickly.
- * Rats are noted as foul, nasty creatures. Broken communication leads to foul attitudes and nasty conduct and behavior.

It's important to now realize that the root of the word COMMUNICATION directly means, 'To share. The act of sharing'. So much of this boils down to the way parents and teens share with one another, and the things they share. Our R.A.T. acronym is key in **why** we share with you awareness, education and equipping parents & teens with **what it means** to 'SMELL A RAT '. Some of which are :

Relationship deficiencies

- * Not paying attention to each other (in conversation, the way we treat each other, etc..)
- * Not really knowing each other's intentions, especially when statements or comments are made in communication.
- * Thinking that communication has already been achieved and accomplished, and properly received by the other person

Agreement roadblocks

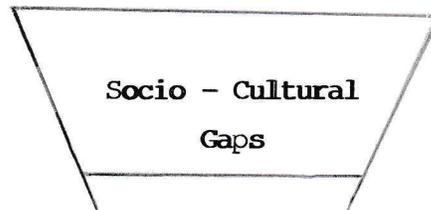
- * Seeking to be understood & pushing your own point of view without properly seeking to understand, respect and honestly assess (with justice) the others' view as well (i.e. **too** self centered, and ego-centric to the point of being unjust)
- * Not willing to make sacrifices (in good spirit) to spend time with each other, or do activities the other likes to do --- even if you personally don't like it or care for much of what it is.

* No true solutions of how to build agreements that help both see roadblocks as a common enemy to the relationship. Sometimes it's not a matter of stressing who's right or wrong, or who should apologize or not. In a lot of instances, it's better to learn what makes communication more effective, to keep the relationship healthy. This often requires humbling yourself in a genuine way, and expressing your intent (aim, purpose) to come to common terms to agree on in order to further discuss and figure out how to overcome roadblocks. Once before I kept running into **agreement roadblocks** in a relationship, and the disagreements got worse. So my partner yielded in all sincerity, and said **"Okay, since we keep running into these disagreeing roadblocks that's getting worse, then --- 'TEACH ME HOW TO TREAT YOU'.** This will allow the teen to share some of their inner concerns & feelings with you, which you'll also learn more in the process. In addition, if the teen is not able to truly share with you ways that would assist in the way you treat them, then this further opens the door for you to teach them about overcoming roadblocks that agitate the relationship & kills agreeable bonding.

Talking

- * Many parents stubbornly think they don't have to often-times explain 'the reason for things' to the teen, whether it's rules, instructions, advice, etc. Always remember, **"IN ORDER FOR THINGS TO BE UNDERSTOOD PROPERLY, THEY OFTEN NEED TO BE EXPLAINED PROPERLY"**
- * When you are **BLIND TO THE EFFECTS OF YOUR OWN ACTIONS & STYLE OF COMMUNICATING/SHARING...** (it keeps trouble alive)
- * Another trouble maker in relationships, is, "EXPLOITATION". Using the other person to your own advantage (unfairly). Most relationships are not based in 'PURE LOVE' and many people in relationships often does things (Exploit) the other based on what they can get in return. This is done consciously and even unconsciously in a lot of instances. Focus on doing things for the teen out of pure love for their development as a human being, pure love for your role as a parent and pure love for a better functioning relationship....
- * Talking things out doesn't make you weak. When you lead by example, being willing to talk things out -- the teen will lean more towards trusting you, especially when you consistently talk with your teen about your own struggles, life (etc). Don't just tell the teen they can feel comfortable talking to you about anything. Help them actually 'Be comfortable' by you first talking/sharing stuff with them concerning you. **PRODUCTIVE TALK..**

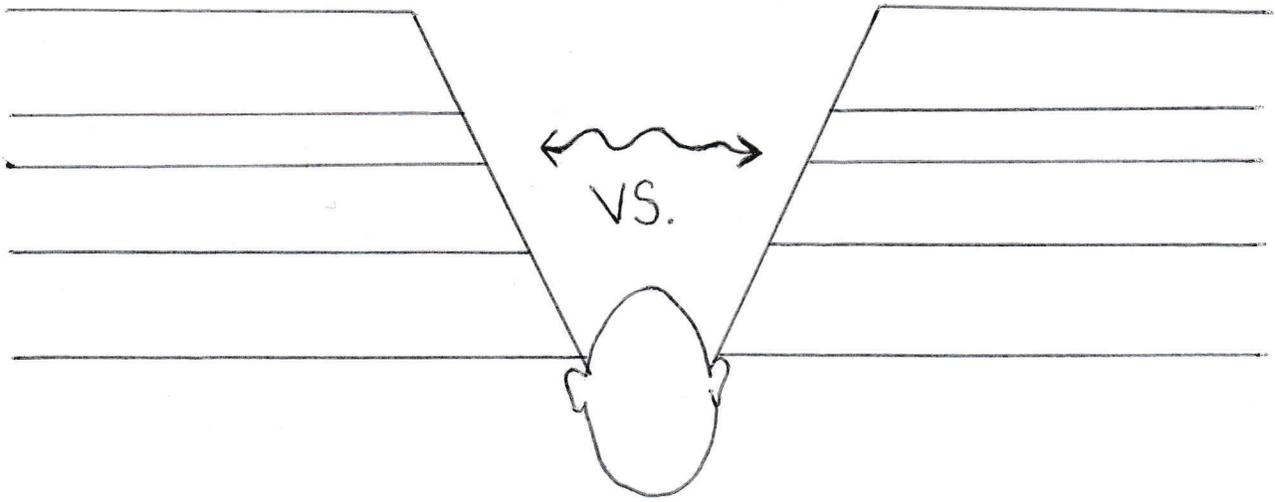
The **INTERNAL FACTORS** guide us to the core root or origin of the problem. In this case we have determined that the core root and origin of all parent/teen communication gaps is the presence of 'SOCIAL GAPS'. This can also be entitled 'CULTURAL GAPS'.



**CORE ROOT / ORIGIN
OF
THE PROBLEMS RELATED
TO
PARENT / TEEN COMMUNICATION GAPS**

Point blank the current social / cultural reality and lifestyle of the teenager conflicts with the social / cultural reality and lifestyle of the parent(s).

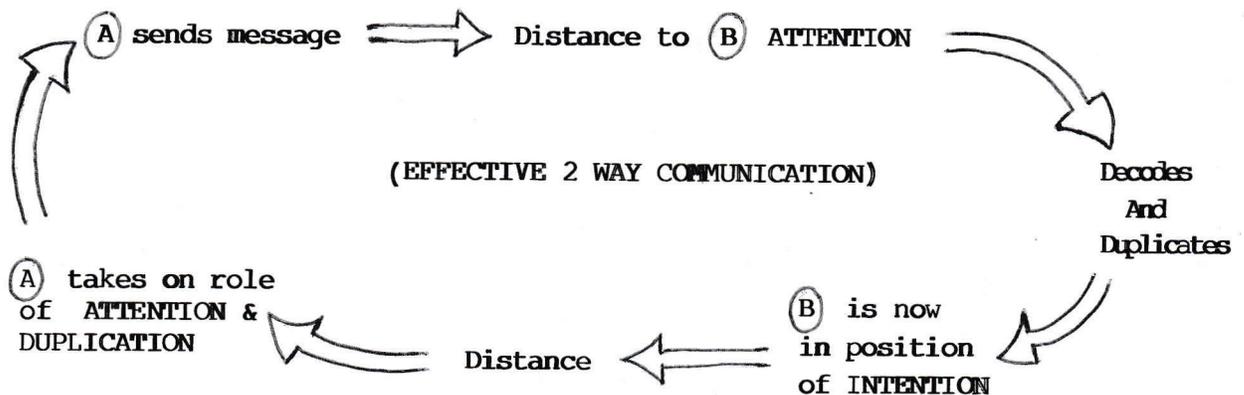
There is a distance in the understanding about life, in the values held and the experiences each have encountered. The social norms of the teenagers world are usually the total opposite of what is normal in the mind of the parent. This includes dresscode, music, language, entertainment passtime, even education, sexual orientation and spiritual/political beliefs held! There is a great divide in the mindstates. The **CORE ROOT /ORIGIN** leads to specific **ATTRIBUTES** rising to take on many forms. It's actually a primary, dual set of attributes as seen in our graphic art within the model. **The Parents Reality vs. The Teens Reality.** It's a war of mindstates....



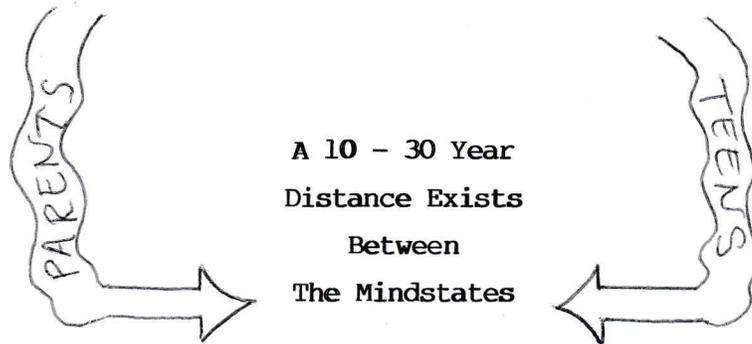
The **ATTRIBUTES** compete for space and this bores holes in the 2 way communication cycles gaps, which grow wider and wider. PARENTAL/Teen relationship withers, and dies. For the proper use of this model and the enhancement of proactive parenting, we want you to look at what it takes to achieve a healthy 2 way cycle of communication.

Parents sends communication with a specific **INTENTION**. It has to travel over a **DISTANCE** thru the environment it is sent thru and received in. The teen must be paying **ATTENTION** and be in a clear state of mind to understand and decode message. Then, the roles reverse! The teen sends communication back (duplication) to the parent thru same channels. Now, the parent must be paying **ATTENTION**. The distance has to be factored in and the teens intent received and understood(decoded) by parent.

If there is a **BREAK** in any step, the 2 way cycle is ruined. Usually, **INTENTION** & **ATTENTION** are conflicted. The distance is usually a negative environment. To look at it a different way :



It's the war between mindstates that disrupts the process of communication over distance. This leads us to the EXTERNAL FACTORS of the problem. One mind was developed and matured over the last 10-30 years. It's the parents' mind! On the other hand we have a teen living in the very moment. A world that has undergone drastic changes in every area of people activity; from education, science, to religious views and politics (etc).



It is the duty of the parent to breakdown all barriers that prevent a merging of mindsets, and unity in the relationship. The parent must be willing to be educated, and re-educated over time, concerning the social reality of the current times. In turn the teen must be educated on the social reality of the parent and its relevance in their lives. Many parents carry a wealth of experience and wisdom they don't oftentimes freely communicate clearly to their teenagers. Mostly, parents tend to say they've been there & done that, but fall short of communicating specifics about their struggles, which 'specifics' would most definitely help the teen see how older struggles relate to the new struggling teen. The teen generation feels like the parent generation can't relate to them (vice versa), but sharing specifics about each others struggles would help close the gaps.

There has to be a removal of **Relationship Deficiencies**, a removal of **Agitating Roadblocks that** hinders the ability to formulate agreements, and as much **Productive talk** (2 way communication) as possible, to solidify **TRUST** between the two parties. To do this we must CATEGORIZE THE ATTRIBUTES **AND** EXTERNAL FACTORS using what we've learned in assessing INTERNAL FACTORS AND IDENTIFYING the key components that make up the CORE ROOT/ORIGIN.

**Categorization
Of
Attributes**

**Parents Work To Achieve
The Following :**

1). Two Way Communication

- (a). INTENT is activated with an understanding of other parties social reality.
- (b). DISTANCE is easy for messages to travel across.
- (c). Received party is trustworthy and pays complete ATTENTION to senders message.
- (d). Message is DECODED and understood by receiver, DUPLICATED and re-sent with clear INTENT.

3). Education

- (a). Teens must be motivated to learn and understand early the value of education
- (b). RITES OF PASSAGE must be created between parent and teen that allows the teen to undergo psychological transformation as they undergo biological ones. Even if a single parent has to bring in a mentor of opposite sex.
- (c). Life skills must be taught and put into use daily, so that teens hone their own knack for survival. Talents must be realized by teen (parent too), and put into daily survival & productivity.
- (d). College / Vocational education must be in all serious conversations between parent and teens.

2). Parent/Guardian Seeks Methods For Proactive Parenting

- (a). Parent spends quality time with teen getting to know teens social reality, interest, dislikes, goals, etc...
- (b). Parent establishes a system of parenting that's effective, inspiring, and fulfills all the general needs of the teen. At the same time it includes agreements with incentives to help teens obtain some of their wants
- (c). Parents, parent responsibility — they exemplify what it is they want the teen to follow and cultivate within themselves.

4). Needs

- (a). Parents must know what it is a teen needs and not confuse these needs with a teens' wants
- (b). Teens need above all else :
 - 1. Guidance
 - 2. Parental examples of what proper living is.
 - 3. Quality time to be spent with them.
 - 4. Given space to mature and a sense of respect for who they choose to be and choose to do. They want to be loved & trusted.

Categorization

Of

Attributes

(Teens)

1). Broken Cycles Of Communication

- (a). Depend on parents to establish healthy two way communication
- (b). Teens are more prone to follow their emotions while communicating, instead of following the proper line of reasoning
- (c). Do not know how to fix broken cycles of communication on their own
- (d). Will use broken cycles of communication to justify their actions both positive and negative.

2). Peer Pressure

- (a). Teens are drastically influenced by their immediate peer group
- (b). Without solid parent / teen relationships peer influence will dictate 40-60% of teen conduct and behavior
- (c). Teens do not know how to properly select their associates and friends
- (d). Parents must never allow peer influence to overcome the respect the teen has for parental authority

3). Entertainment / Media

- (a). From ages 13-19 teens live most of their lives seeking ways to entertain themselves
- (b). Media, especially social media weighs heavy on teen conduct , behavior & overall expression
- (c). Teens have a very difficult time deciphering what's real or fact about life, due to the fictional programming of all forms of media, especially music, T.V. and cinema
- (d). The average teen spends at least 9 hours per day plugged into a digital or electronic gadget

4). Wants materialism

- (a). Teens equate status, happiness and beingness with the possession of material objects
- (b). Teens focus more time on their wants giving very little serious thought to their needs especially when it comes to education, work, future planning, chores and proper social skill development
- (c). Parents have a hard time teaching teens the value difference between **BASIC WANTS vs. BASIC NEEDS**
- (d). Every year these ages 13-19 become materialistic more, and more. They crave things verses activities based on substance

EXTERNAL FACTORS

Parent & Teens Are Separated
By A Barrier Dividing
Their Social Loop,
By 10 - 30 Years

- 1). In 1998 the 'NET AGE' was born! All those just being born up to age 22 were a people of a brand new world. The internet shrunk the world! Today teens born in 1998 are age 15. Their parents are by average age 36-45. The age gap also means a Social Gap exist. Bizzare as it seems, parents and teens are practically strangers in terms of social trends, fashion, language, values, beliefs, etc
- 2). The average parent is lost when it comes to understanding life in 2013 -- beyond, from the perspective of a teen actually living in the new world. Everything runs different. To name a few :
 - * T.V. programming
 - * School system
 - * Drug culture
 - * Level of sexism and violence
 - * Political scene
 - * Geographic factors
 - * Language
 - * Dress code
 - * Technology
 - * Social trends
- 3). Only the parent can initiate the process of closing gaps that exist and strive to develop healthy relationships. This responsibility can not rest on the shoulders of teens, especially those in problematic situations
- 4). Only thru purpose filled quality time can parents and teens close the gaps that exist in their overall relationships

Steps To Start Resolving
The Problem

- 1). As a parent you must make a conscious committment to spend the next 90 days **BREAKING DOWN COMMUNICATION BARRIERS**. There has to be a short term, mid and long term goal. The first 30 days will be for short term. The next 60 days will be mid term. You will then set an additional 90 days for your long term efforts. This is a total of 180 days
- 2). Establish a communication break down warning system by utilizing the ODV moniker, ' I SMELL A RAT ' everytime 2 way communication is being de-railed. This will be a red flag that your next line of defense should be activated.
- 3). Short term goal ideas :

- * Enroll in a family counseling session. It can be thru spiritual venue or commercial/institutional venue. We advise you link up with one of our Field Representatives at ODV (On Da Verg. Org) or some other organization offering proper services. Set regular meeting dates. Stick to them
- * As a parent take 30 days to learn all you can about the following :
 - (a). Your teens culture. Listen to their music, study fashion! Engage your teen as much as possible on what he/she likes to do for enjoyment.
 - (b). Your teens friends and their activities.
 - (c). Your teens relationship with his/her teachers, coaches and any other person who supervises your teen.
 - (d). Your teens spiritual beliefs.
 - (e). Your teens diet and whether or not your teen is using drugs and alcohol, or owns a gun or is involved in any criminal activity

Special Note :

All communication initiated by parent should have an INTENT to reach the teen from the teens social reality & work dialogue towards the parents' reality.....

4). Your mid term ideas should include some or all of the following :

Practice talking
with your teen
instead of at
your teen.....

- * Establishing in home, quality time activities with **your** teen. Begin with regular prayer and cooked meal sessions.
- * Establishing weekly outings with your team. Especially out door events like, fishing, camping and sports events.
- * Inviting your teens friends over to engage family activities
- * Career planning talk sessions. No less than once per month

SPECIAL NOTE : Each of these sessions should afford time for as much TALK as possible to build up TRUST. Always do what you say you are going to do. Do not ever intentionally violate your teens trust in you.

5). Long term ideas should include some or all of the following :

- * Allowing your teen to select activities for you to do together.
- * Allowing your teen to take you shopping and buying you things they feel are cool or hip
- * Giving your teen extended responsibilities. Especially like driving, alone time at home for them to host parties, sleep overs; handling groceries, shopping, etc...
- * Work with teens to help them create economic opportunities for themselves. It could be making and selling a handcraft, starting some sort of home business or paying them an allowance for doing well in school and completing weekly chores. It may also be a part time job! No teen who has not graduated high school should work full time, unless it's a summer or seasonal holiday job! It will interfere with their education and normal social development...

6). You should work as hard as you can to get your teen involved in as many extra-curriculum activities as you can. Valuable lesson, follow such activities. Try getting your teen in the following :

- * Sports activities, especially to learn team ethics
- * Music
- * Art
- * Writing program
- * Photography
- * Agricultural activities
- * Handcrafts

Once they get involved , you should support them 100% in every way. Do not be a bystander or just a financier! Get involved! Show interest. Build a relationship around their activities.

7). Never be afraid to discipline or punish bad behavior. Learn to rule through wisdom , not thru threats of violence or blind authority. TALK, TALK, TALK to your teen about what it is they are doing wrong and clearly identify for them consequences for such activity.

Establish a clear set of rules for your teen. Get them to go over them with you and punish for violations. The best form of punishment is to restrict privileges and add chores.

SPECIAL NOTE : If your teen becomes unbearable , do not fret having to use more drastic measures. Some may include calling in law enforcement, or admitting teen into juvenile detention for at least 24-72 hours inorder to get the teens attention! INCORRGIBILITY is a legal term that shows how it's really against the law for a parents' child to not obey especially being that the parent is responsible for the child. Study this legal term, to find out more, especially as a tactic to get the teens' attention (if, and when necessary).

Also, please consult with one of our REPS on how to deal with these sorts

of action. If you haven't had any serious outburst from teen, a more subtle approach is to contact an organization like Big Brothers & Sisters, or simply search on-line for youth mentors in your area. No matter what option you choose, NEVER CHOOSE TO DO NOTHING!!!!!!!

- 8). Take time to order books and surf the net to educate your self on the various behavior patterns of youth and the solutions recommended. Know for certain other people have experienced what you are currently experiencing. Spend no less than 30-90 hours doing study and research. You'll be amazed at what you find. Being properly informed is a key solution in resolving the parent / teen communication gap crisis.
- 9). Take what you learn from your study and research and put it into immediate practice. Take note of what works and what doesn't. Be patient , give methods time to work. Repeat goal setting procedures every 6 months. Never stop working to improve your communication with your teens
- 10). Reward your teen whenever they work toward progress. Share with them how sincere you are in regards to building a healthy , loving relationship! Share with them what you learn! Remember get them involved in extra-curriculum activities. Your ultimate goal should be helping them establish the following thru effective 2 way cycles of communication :

- * A self identity
- * Develop their hidden talents
- * Arrive at a clear purpose for living
- * Organize a value system

Note : Please go on-line and learn more about our ODV Human Ailment Theory (H.A.T). The substance is infused in our ODV newsletter, "Experience Speaks".....

If you work towards establishing the above 4 power points (*), you will watch your teen become a mature and holistically balanced productive adult.

FOLLOW UP !

At ODV we rank "FOLLOW UP" as the most vital portion of the solution process. Follow up means to never give up! You must follow up with critical analysis. You can begin by re-visiting each step of our 10 step process. Never assume the problem is completely eradicated. Situations continue to change in our lives, which forces people to have to engage various obstacles, roadblocks, etc. Be sure your two way communication remains solid...

Two Way Communication Effectiveness
Questionair

The following ten questions will give you a general idea concerning the health and effectiveness of your two way cycles of communication between you and your teen. Please answer each question , then use answer key to tally your score.

- 1). Circle the amount of quality time (hours) you spend with your teen weekly .
- (a). 0 hours
 - (b). 30 min - 1 hour
 - (c). 2-4 hours
 - (d). 4 hours or more

* If a, you add 20 points. If b, you add 10 points. If c, you deduct 3 points.
If d , you deduct 10 points (total :)

- 2). How much do you actually know about your teen. You deduct one point for each element in your teens life that you actually understand and have investigated. Add one point for each thing you are clueless about :

- | | |
|---------------------|---------------------------|
| * Dresscode | * Choice of entertainment |
| * Music | * General likes (wants) |
| * Lingo (language) | * General dislikes |
| * Choice of friends | * Food likes |
| * Hobbies | * Art |
| * Educational goals | * Career goals |

- (a). once per week. (If so, then add 20 points)
- (b). Twice per week. (If so, then add 15 points)
- (c). 3 times per week (If so, then add 10 points)
- (d). 4 or more times per week . (If so, then add no points)

10). Is your teen involved in an extra-curriculum activity ?

If yes, then deduct 10 points. If no, then add 10 points.....

Please tally up all your points! See point break down below to see how healthy your communication is with your teen . Deduct minuses for pluses.

| | <u>Point Score</u> |
|----------------------------|--------------------|
| 1). Very healthy | -27 or higher |
| 2). Healthy | (-19) - (-26) |
| 3). Okay, could be better. | (-12) - (-18) |
| 4). Poor | (-5) - (-11) |
| 5). Very poor | Under (-5) |

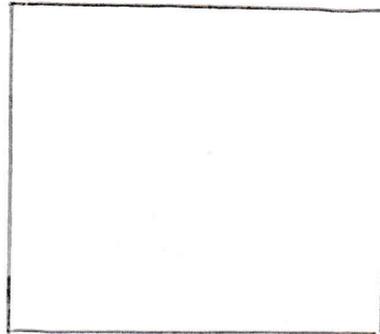
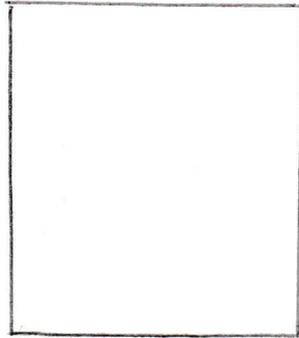
..... If you are in the pluses , you are in trouble!

You Must Work To Get Your Activity

Numbers Into The Negatives (-)

Order These Books
To Help Your Progress

ODV
Communication
Gaps
Manual



Be sure to log on to our website and click on our Communication Gaps page link to find more info and resources. (www.ondaverg.org)

We urge you all to read our PARENT / Teen Communication Gaps manual. It's full of exercises for you and your teen. As we shared before, **'SINCE THE GAPS ARE IN COMMUNICATION BETWEEN PARENTS & TEENS , THEN IT IS EFFECTIVE COMMUNICATION THAT MUST BE USED TO CLOSE THE GAPS'**.

Thank You,
ODV Family
2013

O D V 2013

A New Technology In Crisis Management

" Correcting Lives Out Of Balance "

And

Applying

Recommended Daily/Diet Proficiency Scale

(R.D.P.S)

" Correcting Lives Out of Balance "

Key Affirmations: Lives Out of Balance

In a world plagued with problems, there is an extreme demand for **solutions**. O.D.V. fills this void with a unique and effective technology. This technology comes in the form of **Solution Based Models** and **Vital Resources**.

It would be wise at this time to review our **Mission Statement** and our **Vision Statement**.

The Components of Our Platform

(1.) **Site Psychology** (i.e. S/P Intro.) - For the 2013 cycle, we are activating new terminology to better apply our new technology. Site Psychology Introduction is the chief component of the O.D.V. platform. In brief, it is recognized as the following: "Guiding and teaching common real people how to see the world behind symbols so they may gain control of and over their lives."

Key Symbols

- | | |
|------------------------------|------------------|
| * Self | * Friendship |
| * Reputation | * Public Opinion |
| * Name Brand Material Things | * Religion |
| * Love | * Education |
| * Ownership | * Power |
| Etc, etc.... | |

(2.) **Understanding Our Internal Factors** (i.e. Building a C.R. Criteria Profile). O.D.V. begins a methodology or process to resolve problems and provides resources by first evaluating the diets of an individual. Contrary to popular perception, we classify the human diet as **three** (3) diets instead of just one. These diets are as follows:

- 1.) **Spiritual Diet** - Our spiritual information consumption and our execution of set spiritual rituals, (i.e. attending assemblies, prayer, meditation, charity and etc, etc...)
- 2.) **Social Diet** - Our mental food, (i.e. academic & life skill consumption) and our people interactions and environmental interchange
- 3.) **Food, Liquid & Physical Exercise Diet** - This is the basic food and Mineral intake as well as the amount of physical exercise that we do

The **Vergee** (Crisis Survivor/Solution Coordinator) takes notes by asking the **Crisee** (person with the problem) 10-30 questions pertaining to each diet. This process builds a profile or what we call a C.R. Criteria.

TAKE NOTE: Every problem is unique and VERGEES must follow the O.D.V. Recommended Diet Proficiency Scale (R.D.P.S.) to develop the profile. Some R.D.P.S. levels are:

Spiritual Diet

No less than one (1) hour per day of Spiritual information intake accompanied by Prayer and Meditative exercise. (level 2.0) Crisee gets a 1.0 rating for each hour of activity per diet per exercise. Highest Healthy level 4.0, a half hour rating or lower equals .50 rating.

Social Diet

Must learn no less than 10 things daily on a legal, political, economical, Science/tech. and religious basis. A thing equals a single complete fact on each. The Crisee must have a skill/trade that is employable, and have up to date current legal documentation, (i.e. drivers license, insurance, S.S. card, birth certificate, and etc, etc...). The Crisee must also have a bank account with at least \$1,500 dollars cash in a savings. The Crisee must have at least ten non-toxic friends/family members whom they mingle with on on a regular basis (Regular= 10-40 hours per week). The Crisee must have basic Life Skills which include:

- | | |
|--------------------|----------------------|
| 1. Driving Skills | 4. Financial Skills |
| 2. Cooking Skills | 5. Computer Skills |
| 3. Language Skills | 6. Networking Skills |

NOTE: The Crisee must have a valid Life Plan.....

The O.D.V. Rating Scale gives a 10.0 for a person who is 100% accurate with the above and a crisee gets a .50 deduction for every area that they are deficient in. All Crisees start at 10.0 R.D.P.S. level during evaluation process. A level R.D.P.S. rating of lower than 5.0 constitutes an unhealthy Social Diet.

SPECIAL NOTE: A Crisee loses 1.5 points for every toxic person they have in their lives. Drugs, alcohol, gambling, and sex addictions equal to 2.0 deduction. Other compulsive disorder deductions include excessive shopping, entertainment, and personality disorders, (i.e. anger, fear, phobias, depression, and etc, etc...). The Crisee loses 3.0 for any neglect of child dependent duties, 2.5 deduction for lack of employment. 5.0 deduction for criminal behavior. Any negative element not mentioned equals .50 deduction. For example, not having a job or less than 10 hours per week recreation = -.50 R.D.P.S. Rating.

Food and Liquid Diet

No less than 30 minutes of exercise for 5 days and a high quality Mineral intake Diet based on the National Scale (see chart), Crisee gets starting R.D.P.S. level of 10.0 and loses 2.0 for every day of non-activity. For example, Crisee

must have 5 days of activity and will lose 2.0 for every meal or snack they consume over 2 daily (full) meals and 2 in-between snacks. These are regulated by calorie intake. Any toxic food or liquid consumption results in a 2.5 deduction, (i.e. alcohol, drugs, cigarettes, excess sugar, salt and etc....). A Crisee is said to be healthy at a minimum R.D.P.S. level of 7.0..... The total R.D.P.S. level rating should be a 16 or better.

The use of this system gives both the Solution Coordinator and the Crisee a gauging system to identify degrees of internal factors and a guide for improvement. This is the C.R. Criteria in a nut shell.

(3.) Identify Core Root - Everything in our platform rests on the Holy Grail of O.D.V. This Holy Grail explains to our target audience the following: "Anything not in Holistic Balance with nature is dis-eased." This means that it is under stress, struggling, ill, and suffering to survive. Its ailments will manifest within the individuals life on a Spiritual, Mental, Physical and Emotional level. Once we have the C.R. Criteria, we must give it a name or title.