

How Do These Cognitive Changes Affect Teens?

- Teens demonstrate a heightened level of self-consciousness. Teens tend to believe that everyone is as concerned with their thoughts and behaviors as they are. This leads teens to believe that they have an "imaginary audience" of people who are always watching them.
- Teens tend to believe that no one else has ever experienced similar feelings and emotions. They may become overly dramatic in describing things that are upsetting to them.
- Teens tend to exhibit the "it can't happen to me" syndrome also known as a "personal fable."
- Teens tend to become very cause-oriented. Their activism is related to the ability to think about abstract concepts.
- Teens tend to exhibit a "justice" orientation. They are quick to point out inconsistencies between adults' words and their actions. They have difficulty seeing shades of gray.

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