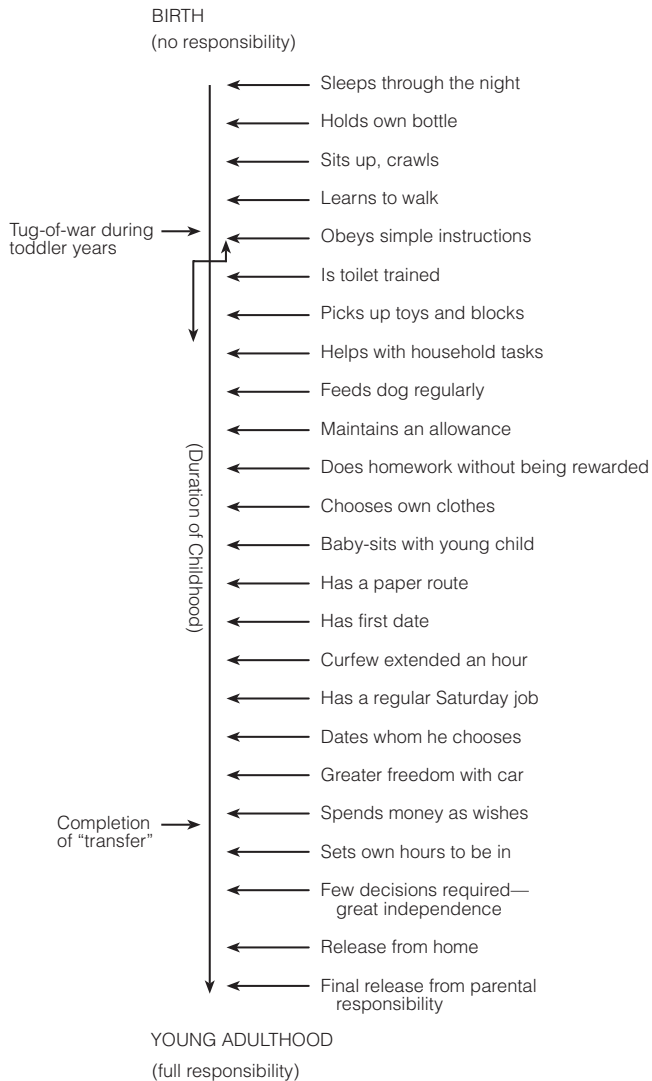


Building
Confidence
in **Your**
Child

Dr. James Dobson



Sources of Depression among Women

Please rank the following sources of depression according to their applicability in your life. Do not sign your name.

Irritant	Your Rank
1. Absence of <i>romantic</i> love in my marriage	_____
2. In-law conflict	_____
3. Low self-esteem	_____
4. Problems with the children	_____
5. Financial difficulties	_____
6. Loneliness, isolation, and boredom	_____
7. Sexual problems in marriage	_____
8. Menstrual and psychological problems	_____
9. Fatigue and time pressure	_____
10. Aging	_____

Notes

Chapter 1: The Epidemic of Inferiority

1. *Focus on the Family* radio program, airdate May 4, 1984.

Chapter 2: Beauty

1. Deborah A. Byrnes, "The Physically Unattractive Child," *Childhood Education* (December 1987), 80–85.
2. Amy Russell, "When You're Born a 2.5 Instead of a 10," *Glamour* (October 1987).
3. Ellen Berscheid and Elaine Walster, "Beauty and the Best," *Psychology Today* (March 1972), 44–45. The article cites research by Karen Dion.
4. John Camp, "The Importance of Being Pretty," *Health* (June 1989), 82.
5. Berscheid and Walster, *op. cit.*
6. Deborah A. Byrnes, "The Physically Unattractive Child," *Childhood Education* (December 1987), 80–85. Condensed in *Education Digest* (May 1988), 32.
7. George Orwell, *Animal Farm* (New York: Penguin, 1951), 114.

Chapter 3: Intelligence

1. James Dobson, *Dare to Discipline* (Wheaton: Tyndale House, 1973), 133–35 of the 1970 printing. Used by permission.

Chapter 5: Defuse the Values Bomb

1. These estimates were reported by the NEA for 1993. To add another disturbing perspective to that picture, *Time* (13 January 1992, p. 18) reported a Centers for Disease Control statistic that one in five high school students was packing a gun, knife, or club on any given school day. We should note that since these fearsome reports in the early 1990s, many schools have taken strong initiatives to reduce the number of weapons on campus.

2. Philip Elmer-DeWitt, "The Amazing Video Game Boom," in *Time* (27 September 1993), 68.

3. Bruce Handy, "Why Johnny Can't Surf" and "America Online's Little Problem," in *Time* (15 December 1997), 75–76.

4. Lewis J. Lord and Miriam Horn, "The Brain Battle," *U.S. News and World Report* (19 January 1987), 60.

5. See the comments of Neil Postman and other analysts in "Is TV Ruining Our Children?" *Time* (15 October 1990) and "Are Music and Movies Killing America's Soul?" *Time* (12 June 1995).

6. Interview with Susan Littwin, *TV Guide* (1 July 1989), 20–22.

7. *Ibid.*

8. Marie Winn, *Unplugging the Plug-in Drug* (New York: Viking Penguin, 1987), xiv–xv.

9. Rick Barry, *Confessions of a Basketball Gypsy*.

10. Kathryn Simmons, "Adolescent Suicide: Second Leading Death Cause," *Journal of the American Medical Association* (26 June 1987), 3329.

11. Simmons, *op. cit.*, citing the theory of Paul C. Holinger and Daniel Offer.

Chapter 6: Parent Positively

1. Dobson, *Dare to Discipline* (Wheaton: Tyndale, 1973).

2. Mike Michaelson, ed., *Growing Pains* (American Academy of Pediatrics, 1969).

3. *Glamour* (October 1987), 58–59.

4. Marcy O'Koone, "Are You Smarter Than You Think? Probably!," *Good Housekeeping* (August 1988), 190.

5. Neala S. Schwartzberg, *Parents* (May 1987), 118.

6. *Ibid.*

7. Sheila Tobias, "Tracked to Fail," *Psychology Today* (September 1989), 55.

8. *Ibid.*, 57.

9. Marguerite Beecher and Willard Beecher, *Parents on the Run* (Santa Monica, Calif.: DeVorss, 1983).

Chapter 7: Help the Teenager Succeed

1. I am aware that many parents do not feel capable of conducting a talk about sexuality or some of the other topics in this preadolescent training section. In an attempt to assist this task, I recorded a series of cassette tapes for young people called *Preparing for Adolescence* (original publisher, Ventura, Calif.: Vision House, 1978). Accompanying the tape is a workbook and two tapes just for parents. These materials are designed to stimulate further discussion and interaction. They are available through bookstores and the retail division of Focus on the Family.

2. Dorothy Corkille Briggs, *Your Child's Self-Esteem: The Key to His Life* (New York: Doubleday, 1970).

3. Bill Gaither, lyricist, "Something Beautiful, Something Good," copyright © 1971 by Wm. J. Gaither.

Chapter 8: A Message for Discouraged Adults

1. For other results from this questionnaire, see James Dobson, *What Wives Wish Their Husbands Knew about Women* (Wheaton: Tyndale House, 1975).

Chapter 9: Why We Do What We Do

1. Reported by Paul O'Neil in "Ray, Sirhan—What Possessed Them?" *Life* (21 June 1968), 33.

2. Quoted in Albert Rosenfeld, "The Psychobiology of Violence," in *Life* (21 June 1968).

3. Victor Goertzel and Mildred Goertzel, *Cradles of Eminence* (Boston: Little, Brown, 1978).

4. Newhouse News Service.

5. "The World Will No Longer Laugh," *Time* (22 October 1973), 49.

6. Richard N. Ostling, "Shootouts in the Schools," *Time* (20 November 1989), 116.

7. Anastasia Toufexis, *Time* (12 June 1989), 52–58.