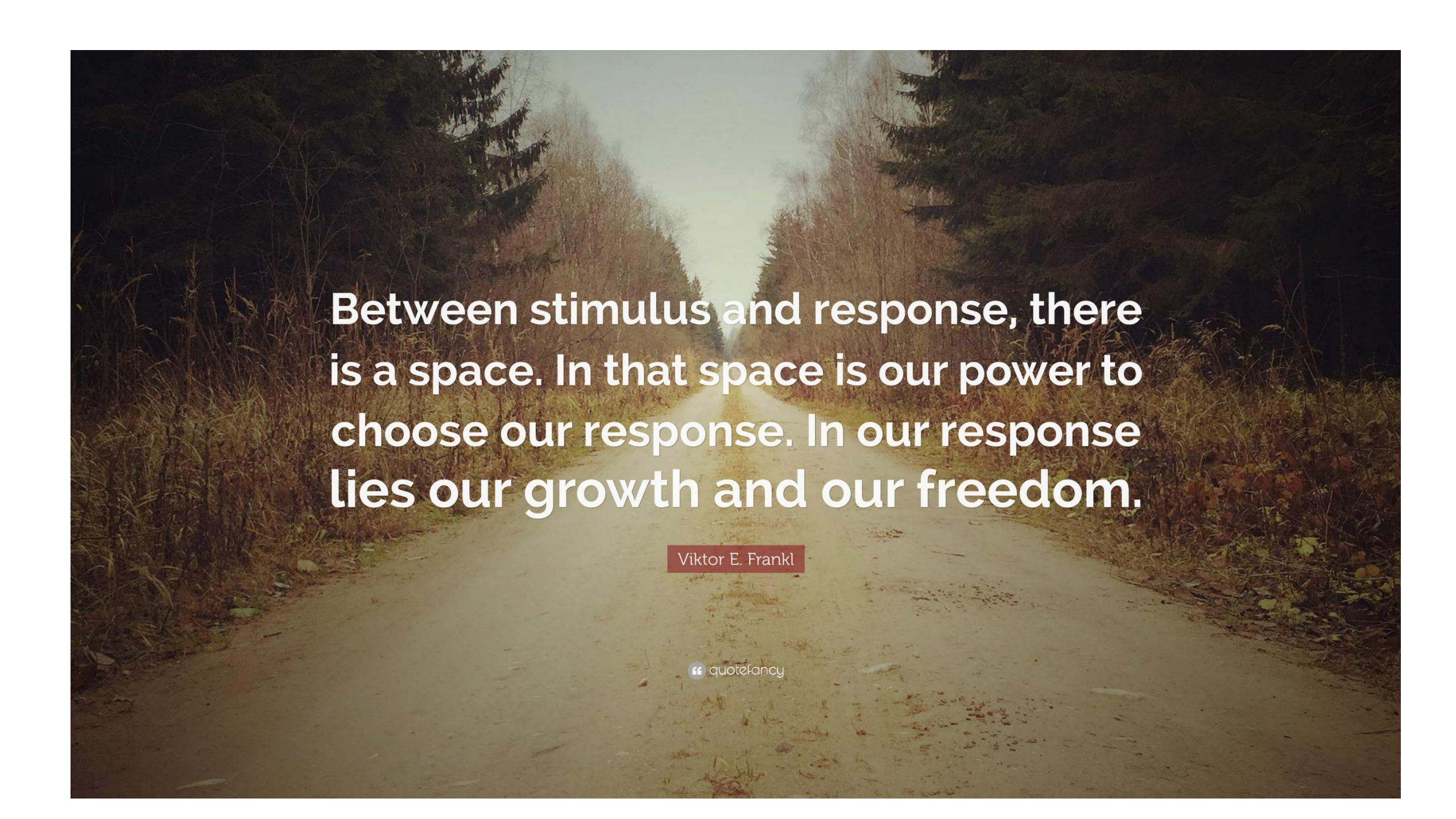


SEL: Response to Stimulus and Freedom



Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

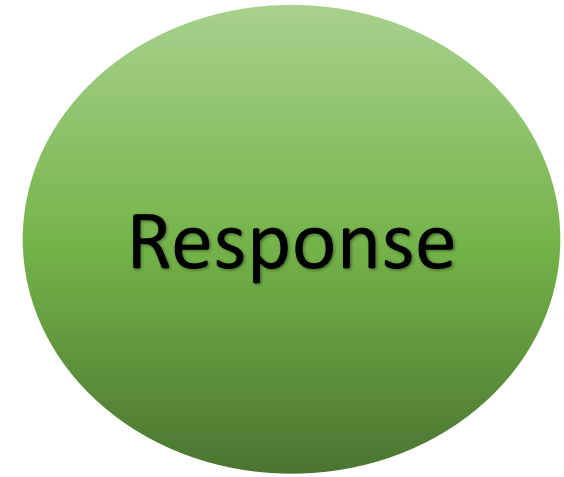
Viktor E. Frankl

“ quote fancy



Space

Freedom



Someone compliments you

A pitch in a softball or baseball game

Your significant other breaks up with you

Someone is drowning and you have the ability to save them

Your parents get angry at you

You are a recipient of a mean comment

You are put in a concentration camp

Choice

Mr. Lindroth – choosing a response to a negative event

Space

Freedom

Choice

Stimulus



Response

Son needs to get learner's permit
Pandemic hits

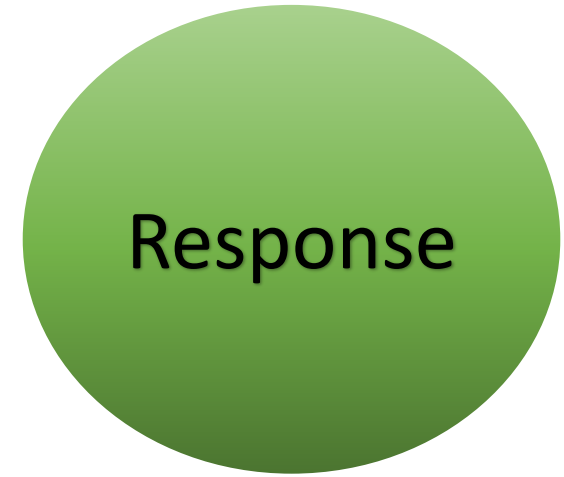
Appointments are delayed and hard to get locally

Get appointment down in the San Fernando Valley



Space

Freedom



Two brush fires break out in the valley the day
we are scheduled to go
Traffic is horrible and it is causing us to be late

Choice

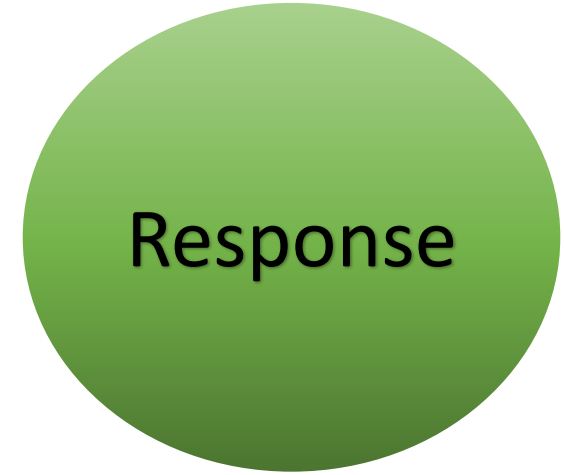
Left earlier than normal
Have to take city streets to get to DMV

I am getting upset



Space

Freedom



Two brush fires break out in the valley the day
we are scheduled to go
Traffic is horrible and it is causing us to be late

Choice

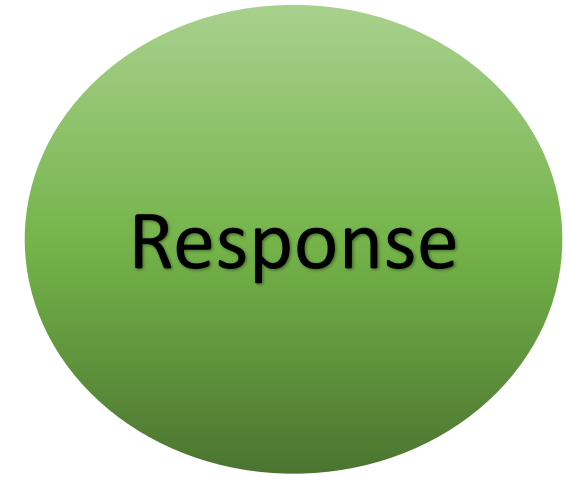
Left earlier than normal
Have to take city streets to get to DMV

I am getting upset
I run a right-hand turn red light



Space

Freedom



Running a large photo program on a very tight budget

Choice

Over two decades of:

- Working long hours to build lab up
- Applying for grants
- Ensuring participants pay for supplies (or seek financial assistance)
- Seeking donation of funds and volunteer time from community members

**There are two ways to go
to the gas chamber, free
and not free.**

-Jean-Paul Sartre

VIKTOR E. FRANKL



Man's Search For Meaning



The classic tribute to hope from the Holocaust



16 MILLION COPIES SOLD