

Cedric Dean SAVE Institute

Controlling Misguided Thoughts Study Guide

Introduction

Adam Peter Lanza was born April 22, 1992. Throughout his life he was very withdrawn. As school, he walked down the halls against the wall almost like he was afraid of people. According to his former schoolmates, Adam “always had his face down. He would never look you in the eye.” Basically, he kept to himself, and everyone left him alone. He was a boy lost in the shadows. It was because of his mental illness that he became known nationwide. At age 20, he fatally shot his mother in her bed on December 14, 2012 before driving her car to Sandy Hook Elementary School and killing 20 children and six adults. He shot himself in the head as police arrived.

Like most Americans, I could not help but wonder why. Why would a 20 year old kill 20 children? Adam was a mystery before and after he committed the second worst mass school shooting in U.S. History. He had been diagnosed with a mental illness, yet the mental health system was unable to identify and prevent Adam from acting.

The National Institute of Mental Health reports that nearly one in four adults suffer from a diagnosable mental problem in a given year. That’s 57.7 million people. There is no one person or system to blame for what Adam did. Finger pointing will not bring any of his victims back. Adam was strange. And strange people do strange things. Several of his classmates at Newton High School said he spent time with computers and cameras in the technology room and belonged to the Tech Club. They recalled seeing him always with his head down, walking to class with his briefcase, never saying anything – just hanging in the background.

I know you have seen children at your school lost in the shadows. Maybe you are the one who is living in a world of your own. There is nothing wrong with being strange, as long as you are in control of your thoughts. If you ask me, Adam needed a friend. Everyone needs someone to talk to. You cannot live in a world of your own. When you get mad and you start feeling bad, you need someone who will listen to you and help you make your bad thoughts go away. Attitude is the key to success. If you have good thoughts you will be able to do some really good things. But if you have bad thoughts they will prevent you from doing good things.