



0417 817 038



info@livingwisdom.com.au



truthlady



www.livingwisdom.com.au

Partial notes for website free download**SURVIVING RELATIONSHIPS WITH TEENS – TEENS WITH PARENTS**

SOME DO'S	SOME DON'T'S
DO insist that when they challenge your judgment they do it with respect. Believing that you just might know something that they don't yet.	DON'T be threatened by a challenge to your judgment – they are seeking to make your wisdom their own.
DO be sure you have actually heard what they are saying before you jump in.	DON'T run them down; it will destroy their self-esteem and incentive.
DO try to equip them <i>before</i> they are faced with a crisis.	DON'T be afraid to display affection; your child needs expressions of your love in order to develop emotionally.
DO look out for unresolved conflicts and hidden resentments, and <i>take the initiative</i> in keeping communication going.	DON'T adopt the 'do as I say because I said so' approach, it will only foster resentment.
DO insist that when they express their anger, it is in ways that are constructive and not destructive.	DON'T minimize their comments and views or insist they surrender to your judgment.
DO respond to them according to their behaviour. If they act like children, then treat them as such. If they act like adults, treat them accordingly.	DON'T be afraid to admit fault and take the initiative when apologies are necessary. (When you apologize to them they are then able to apologize to you).
DO compliment and admire them whenever they do well.	DON'T panic when they 'try out' different identities, but caution them when necessary.
DO re-assure them that it is not their fault when you argue with your spouse.	DON'T expect that your teens will have to automatically go through a rebellious period.
DO encourage them to find their own identity through learning to serve others rather than indulging themselves.	DON'T keep on threatening. Warn clearly, and then be sure to carry out your warning. (I cannot and will not continue to tolerate your bad behaviour). Flexible limits are often the problem.
DO take the time to find out if they are resentful towards you for any broken promise or perceived injustice.	DON'T expect too much from them while they are learning a skill that took you a lifetime to master.
DO seek to explain the principles behind the rules.	DON'T think that they can't see your <i>real</i> priorities.

Remember: Get into agreement with your spouse about your limits before you try and enforce them. Have you tried to enter their world yet? Do you use violent language, smoke and drink and enjoy some soft-pornography and flout the laws of the road? Perhaps your delinquent child is simply carrying on the family tradition. Be honest with yourself and get the help you need for this most challenging job of a lifetime and for a lifetime!

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Jo Koskela
Living Wisdom Counsellor