

Improve Your Relationship With Your Teen TODAY!

February 9, 2012

"If you want to extend your influence on your teen you need to reduce your control." - H. Stephen Glenn, Ph.D.

2 Ways You Can Reduce Controlling Behavior:

1. Listen and Ask

Tell me more about that.

Can you give me an example of _____?

You feel _____. Is that right?

Hmmm.

What about that was important to you?

How often do I do that?

Is there anything else that is bothering you?

Is there anything else that you want to say about that?

Is there any other reason you can think of?

Is there any other information you can give me to help me understand?

2. Connection Before Correction

Lectures invite defensiveness and rebellion (in the body, even before the mind), thus negating the message that parents are trying to convey. Connection (from love and understanding) invites openness that can lead to critical thinking, problem-solving, and cooperation when followed by curiosity questions.

Ask instead of Tell

Encourage instead
of Discourage

Book Recommendations:

Positive Discipline for Teenagers

by Jane Nelsen, Ed.D. and Lynn Lott, M.A., M.F.T.

How to Talk so Kids Will Listen & Listen so Kids Will Talk

by Adele Faber and Elaine

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