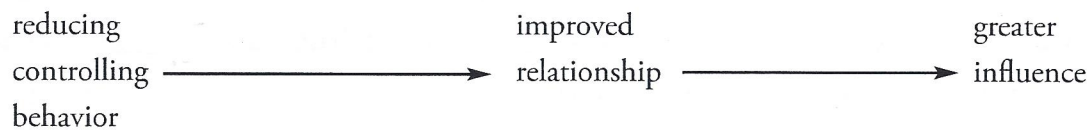


## Raising Self-Reliant Teenagers in a Self-Indulgent World

By Mike Brock, CPDA

*Comment: If you want to extend your influence over your teen, you need to reduce your control. Only by reducing your controlling behavior can you improve your relationship with your teen, and the only way to extend your influence is to work on your relationship.*



Fifteen Keys to Raising Self-Reliant Teenagers in a Self-Indulgent World:

1. Avoid the giving and taking back of “stuff”
2. Provide a consequential environment
3. Listen and ask—the two best relationship builders
4. Remember what it was like when you were a teen
5. Honor that “Keep Out” sign on the bedroom door
6. Accept the fact that your kids already know what you want them to do
7. Avoid making success in school a measure of your love
8. Practice problem solving and “solutioning” rather than making demands
9. Have the courage to “drop the rope”
10. Provide opportunities for the learning of self-discipline through teaching wants vs. needs
11. Know that sometimes it pays to give in
12. Note how you treat your friends and use that as a benchmark for how to treat your teens
13. Worried about drugs and alcohol (and who isn’t?)—don’t forget the basics about relationship
14. Enjoy your teen—don’t neglect laughter and play
15. Be that role model your kids need

The Question: “If you were given the opportunity to ask your parents one question and were guaranteed an honest answer, what would you ask them?”

Resources:

*Unhappy Teenagers*, William Glaser, M.D.

*Positive Discipline for Teenagers*, Jane Nelsen and Lynn Lott

*Raising Self-Reliant Children in an Self-Indulgent World*, Steve Glenn and Jane Nelsen

*7 Strategies for Developing Capable Students*, Mike Brock and Steve Glenn

*Positive Discipline in the Christian Home*, Jane Nelsen, Cheryl Erwin, Mike Brock, and Mary Hughes