

Welcome to

EMPOWERING PARENTS OF CONDUCT DISORDERED KIDS:

HOW TO BRIDGE THE GAP TO BECOME EVEN CLOSER



**Savannah
Family
Institute**

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POINT OF ENTRY WHY OUR KIDS MISBEHAVE?

Button-Pushing Skills

Teenagers are sometimes more skillful than parents during arguments. They know how to push parents' buttons through words or actions so that the parents become angry and lose control. By controlling the general mood or direction of the argument, the adolescent is able to maintain a status quo position of authority.

Unclear Rules

Teenagers are extremely literal and will continue to get into arguments about the interpretation of rules or consequences. Therefore, rules and consequences must be clearly written down beforehand in a contract format.

Misuse of Outside Forces

Parents often turn to outside forces (judges, police, counselors, medication, hospitals) to stop their teenager's problem behavior, but in the process they inadvertently undermine their own authority and effectiveness.

Teenager in Charge and Drunk with Power

A mixed-up hierarchy exists in which the teen is in charge and more powerful than the parents. Whenever the parents try to restore their authority, the difficult teen will use extreme behaviors such as running away, becoming truant, or threatening suicide to intimidate the parents into giving their authority back to the teenager.

The Pleasure Principle

The teenager operates on the basis of the pleasure principle, or whatever feels good at the moment. The teenager would rather suffer the consequence than give up immediate gratification the misbehavior brings.

Thinking Two Steps Ahead

Teenagers often possess what is called "advanced social perception." This is the ability to think two steps ahead. They foresee the sequential steps necessary to unravel any rule or consequence.

Peer Power

Today's peer groups have a tremendous hold on the teen's heart, mind, and soul. If it is a positive peer group with good morals and values, the teen can thrive. However, if the same group of friends has a negative influence with poor values, the teen is likely to get more and more out-of-control.

From the Parent Survival Kit



Study Question: (After you watch the video)
Are You Beginning to See How Your Teenager Thinks and Why You Must Troubleshoot By Thinking Two Steps Ahead to Win the Game?



Reason #3: Button Pushing (Please Read Pages 14-15 of Book)

Teenagers are more skillful than their parents during confrontations. They know how to push their parent's buttons through words ("I hate you," "You suck as a parent") or actions (rolling of the eyes, mumbling) so that the parents become angry and lose control. By determining the general mood or direction of any argument, your teen is able to control you by making you angry, upset, or frustrated.



The Art of the Game (2 minutes)

After you read **pages 14-15** of *Parenting Your Out-of-Control Teenager* watch this 2-minute video segment and then stop the tape.

Watch how the son gets out of his chore of dish duty by skillfully pushing his dad's hot buttons of "swearing" to make him lose control of his emotions, cloud his judgment, and win the game. The boy gets out of doing dishes by controlling his dad's mood through button pushing.

To stop button pushing, Step Four: Button Pushing (**pages 85-114**) will show you six different button buster strategies to stop your teen from pushing your buttons.



Study Question: (After you watch the video)
Can You Begin to Identify the Top Three Buttons Your Teenager Pushes on You to Make You Mad or Frustrated?



Top 10 Teenager Button-Pushing Tactics

- 1) **"You never let me do anything."** This statement invites the parents to point out specific times when they have let the teenager do what he or she wanted. This forces the parent away from the real issue at that moment and gives the adolescent the upper hand in the discussion.
- 2) **"You don't love me."** This statement is intended to induce guilt and make the parents question their own self-worth. Unfortunately, many parents take this bait instead of recognizing that asking the adolescent to do something they do not like has nothing to do with love. Parents often have to administer medicine that may taste bad, but is necessary for growth/healing.
- 3) **"I hate you" or "You're a liar/a**hole/bad parent."** These statements are meant to get the parents to lose their tempers through personal character attacks. This clouds the parents' thought process and limits their ability to effectively enforce consequences.
- 4) **"You're not my real mother/father. I don't have to listen to you."** This statement really unnerves stepparents, but rarely is about the parent not being a biological one. It is merely another tactic designed to get the parent flustered and angry so that the real issue is not addressed.
- 5) **A disgusted look, improper gesture or whiny voice.** Body language, gestures and tone of voice are some of the most powerful tools an adolescent may use to play with someone's emotions. Unfortunately, if the parents respond to these barbs by losing control of their emotions, it gives the adolescent a great deal of power as he/she now knows how to get under his parents' skin.
- 6) **Finding your most vulnerable area and preying on it.** Adolescents have an uncanny ability to find the areas that bug each parent the most and apply pressure to that area. For example, some adolescents will intentionally keep their rooms messy because of their mother's emphasis on cleanliness. Again, this behavior is not a personal attack, but just a clever way of throwing the parent off balance.
- 7) **"I'm gonna kill/hurt you/myself/others."** These statements are meant to scare the parents so that they will back off and remove pressure from the adolescent. Teenagers usually use threats of violence as a last resort when nothing else has worked.
- 8) **"I'm gonna lie, lie, lie."** Lying is a pet peeve of most parents and one the teenager knows will get the parents to emotionally lose control so that the teen can win, win, win. Parents do not like lying and will often lose control of their emotions quickly when they catch the teenager in a lie.
- 9) **"I hate school."** Most parents value education, so this statement invites a lecture on how the teenager is throwing away his future. Teenagers normally cannot see past tomorrow, so they do not see failing in school as a problem in the immediate future. However, they do know that education is important to the parent and how to use this to their advantage.
- 10) **"I'm going to leave/run away."** This statement gets parents to back off from exerting their authority because they fear what might happen if the adolescent runs away and is living on the streets. Adolescents know this and use this statement as an effective tool to paralyze their parents from taking action or enforcing a rule or consequence.

Top 8 Parental Button-Pushing Tactics



- 1) **Preaching or Using Clichés.** As soon as adolescents hear lectures coming with clichés like "when I was your age," they instantly go deaf. Adolescents do not want to hear how bad they are or how good another family member is by comparison. They will usually get angry, walk away or ignore the parent. In turn, the parents get angry and the argument escalates.
- 2) **Talking in Chapters.** Adolescents may ask a short question but not receive as short an answer from the parents. For example, instead of simply saying, "Take out the garbage," parents often talk in chapters and state: "I have told you for weeks and weeks to take the garbage out. How many times do we have to go through this? I am sick and tired...."
- 3) **Labeling.** Adolescents hate when parents say they are "always" this way or that way. This can be especially dangerous, because adolescents will eventually live up to these labels as they become a permanent self-fulfilling prophecy.
- 4) **Futurizing.** This happens when parents talk about their teenager's future within a negative framework. These are statements like: "You'll never get into college," "No one will hire you," or "You'll never get a date for prom with that attitude."
- 5) **Instant Problem-Solving.** Adolescents do not want instant understanding and problem-solving when they come to their parents with a problem. When troubled by conflicts, teenagers feel that they are different from everyone else and that their emotions are new, personal and unique. Parents mean well by saying they understand just how the teenager feels and offering instant solutions, but the teenager just needs to feel that he or she was listened to.
- 6) **Questioning the Teenager's Restlessness and Discontent.** Developmentally, this is a time of uncertainty, self-consciousness, moodiness, and suffering. These feelings usually pass over time. However, until they do pass, parents only aggravate the situation when they ask questions such as "What is the matter with you?" and "What has suddenly gotten into you?" These are unanswerable questions for a restless and discontented teenager. Even if the teenager did know what the problem was, she could not say, "Look, Mom or Dad, I am torn by conflicting emotions, engulfed by irrational urges and confused by raging hormones."
- 7) **Not Tolerating Experimental Behavior.** Parents can be shown how to tolerate certain behaviors without accepting them. Changes in clothing and hairstyles are symbolic of a teenager trying to find an identity. If the parents constantly focus on these changes rather than simply expressing their disapproval once and letting it work itself out, the teenager might rebel further causing a power struggle between parent and teenager to ensue.
- 8) **Collecting Criticisms.** Insults and criticisms cut deeper when they come from parents. They damage the inner spirit of the teenager and, unlike physical bruises, often take years to heal. When parents push this type of button by focusing on unpleasant facts about the adolescent's behavior again and again, or by pointing out defects, no one benefits. Parents also often keep a mental scorecard handy for rehashing past behavior problems during current arguments.

A LOOPHOLE FREE CONTRACT: DO YOU CURRENTLY HAVE A CONTRACT THAT LOOKS LIKE THIS ONE?

Rule #1: Obeying Curfew	
<p>Regina's curfew time will be 5 pm on school nights (Sunday through Thursday) and 10 pm on weekends (Friday & Saturday). If Regina returns home even one minute past the curfew hour, she will be considered late. These times will not be changed or altered until I [your dad] decide otherwise. Trying to change them on your own breaks this rule.</p>	
Consequence A (positive)	Consequence B (negative)
<p>If Regina comes home on time, she will receive one hour added to her curfew time the next night. If it is on a school night, the temporary curfew the next night will be 6 pm and, if it is on a weekend, it will be 11 pm. Regina keeps these hours as long as she comes home on time. If not, she receives Consequence B and loses this extra hour until she finishes her punishment. She can then start all over again to get her extra hour, if she comes home on time for an entire week without being late.</p>	<p>For every night Regina is late, she is grounded the next weekend night. If she is late again that same week, the same thing happens. If she runs out of weekend nights, it will be tacked onto the following weekend.</p>

From the Parent Survival Kit



TOP SEVEN REASONS WHY TOUGH TEENS MISBEHAVE



Reason #1: Unclear Rules (Please Read Pages 11-13 of Book)

One of the biggest reasons why your teen misbehaves is that you don't have a clear, written contract. Without a contract, your rules are open to interpretation and your teen can "drive a Mack truck" through the loopholes. If you don't have a written contract, you are not alone. Up to 90% of the parents I work with simply make up the rules and consequences as they go along without anything written down. When you do this your teen smells blood in the water and, like a shark, goes into a feeding frenzy.



The Best Lawyer Money Can Buy (2 minutes)

After you read **pages 12-13** of *Parenting Your Out-of-Control Teenager*, watch this 2-minute video segment and stop the tape before the next video clip comes on.

In this video, you will see and hear the thoughts inside this teenager's head as he receives a verbal contract from his parents on the rule of "no ditching school." Watch how the teenager skillfully finds loopholes in the contract like a master chess player, easily defeating his parents. This is a special skill known as "literal disease." In other words, if the rule or the consequence for breaking that rule is not written down and concretely defined, your teen will find the loophole and defeat you.

However, your teen is in for a big surprise after you read **pages 29-66** in *Parenting Your Out-of-Control Teenager*. It will give you the playbook you need to understand the game and play it better than your teen.

SEVEN TEENAGER ACES THAT CAN CAUSE PARENT ABUSE



Ace #1 — Disrespect

Swearing, a disrespectful attitude, or refusing to comply definitely pushes parents' buttons and makes them lose control of their emotions.

Ace#2 — Truancy/School Performance

When a teen ditches or fails school, it can send the parent into a state of anxiety or panic. Parents then back down out of a fear. If they push too hard, the teen will ditch more or drop out of school.

Ace #3 — Running Away

This ace scares the parents tremendously, because out on the streets, the teen could die or come to harm. This fear often paralyzes parents from taking any action.

Ace #4 — Threats or Acts of Violence

When a teen threatens to hurt someone or commits an actual act of violence, parents and society react with fear or retaliate with more violence. This behavior is one of the scariest and one of the most difficult to stop. It works almost every time to get the parent to give up.

Ace #5 — Threats of Suicide

This is the teen's biggest weapon. They learn that if they say the words "I am going to hurt myself," everyone will back down and get scared.

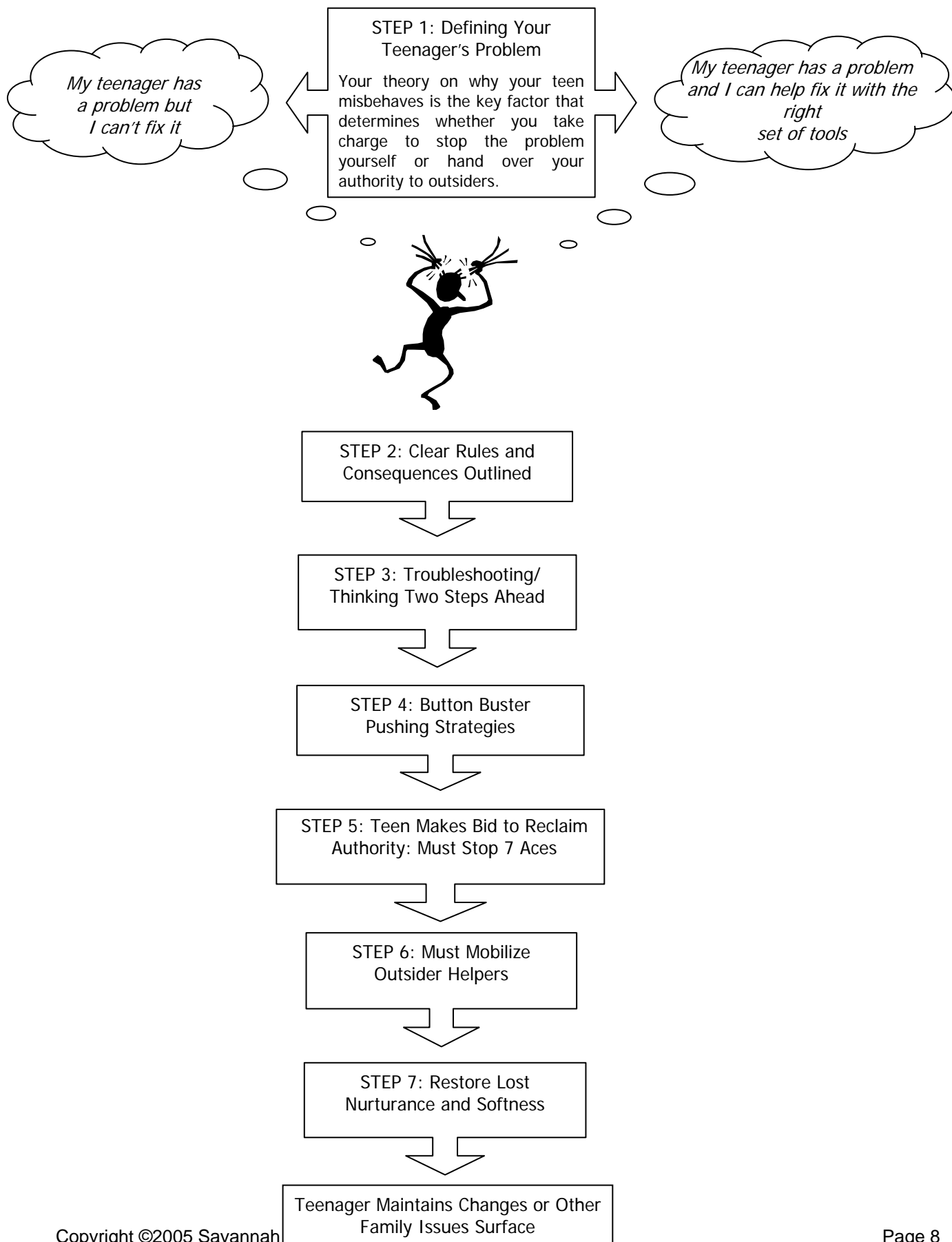
Ace #6 — Teen Pregnancy

This ace is not just about teens having sex. This behavior can be a very destructive force in the parent-child relationship.

Ace #7 — Drug or Alcohol Abuse

A major reason for this problem is that teens do not think they have an alcohol or drug problem. How many teens that use drugs or alcohol think they have a problem? My guess is the answer is zero. The major difference between teens and adults is that adults have usually experienced the ill effects of drug or alcohol abuse, while teens have not.

7-Steps to Reestablish Authority and Reclaim Love





POINT OF ENTRY WHY OUR KIDS ARE ALIENS?

Little Known But Important Facts

- **Americans spend 40% less time with children than in the 1960's - dads spend an average of 8 minutes a day with teens - moms 10 minutes a day.**
- **Average working parent spends twice as long dealing with e-mail than with their children.**
- **Newsweek poll of 10,000 teenagers in 2000 - 73% of these teenagers reported that their parents spend too little time with them.**
- **Average family meal lasts 11 minutes - Little more than re-fuelling pit stops.**
- **Benjamin Franklin predicted that, with the onset of technology, we would work no more than two hours a day.**
- **Heart attacks double if you work 60 hours per week and triple if you sleep less than 5 hours a night twice a week.**

*Source: In Praise of Slowness: How a Worldwide Movement is Challenging the Cult of Speed
by Carl Honore*

The principles used to be the same for every generation until the 1960's. In the 1960's parents stopped listening to Grandma and went to doctors instead. People with new ideas constructed a new vision of childhood which related to the child's psychological development rather than focus on the child's character. There was more emphasis on "feeling good" than developing character. It was all about self-esteem rather than consistent discipline, humility, and honesty.

"Corrections of discipline are the way to life" (Proverbs 6:23 NIV).

"We are often befuddled when the same children cooperate for Grandma. "That's because the grandparent is . . . saying, 'Your place at the table is right there,' while the parent [suggests], 'How would you like to sit over there? Is that all right?' The child knows that everything in the final analysis is negotiable with the parent, but that nothing is negotiable with the grandparent."



LAYING A SOLID FOUNDATION: 4 SEASONS OF PARENTHOOD SERVE, LEAD, MENTOR, BEFRIEND

Ecclesiastes 3:1 (NIV) says, "There is . . . a season for every activity under heaven." That includes parenting.

Season #1: A "Season of Service" 0 to 2 years of Age

- The child is the center of the universe around which the parent orbits.
- The male parent generally stays on the sidelines.
- The parent "orbits around the child" and micromanages the youngster's life.
- But, as Grandma knew, if "orbiting" were to continue, the child would become self-centered, so by age two there is time for transitioning.

Season #2: A "Season of Leadership" 3 to 13 years of Age

- Parents stop serving and claim authority over offspring. Must be on same page with there parenting philosophies.
- It is a period of discipleship where the child needs to follow your lead.
- As capabilities increase, kids should have responsibility to do more for themselves.
- This is the time to discriminate between needs and wants—which children regard as one and the same—and also to reenergize the husband-wife relationship.

Season #3: A "Season of Mentoring" 14 to 17 years of Age

- Here, the child is prepared for emancipation, and ultimately for a friendship
- The mother needs to initiate the transition where she does less and less for her children. Nowadays, the mother feels that the more she does for her children the better she is as a parent. Father needs to take an active role here.
- Kids are no longer a captive audience and can start to make bad decisions like falling in with the wrong crowd or rebelling in your face. Parents try to solve this problem by using discipline that would have worked in season #2 which now kicks rebellion into higher gear.
- Remember that your goal as a parent is to make sure that they DON'T need you, so when they leave home (assuming that they will) they will be able to function without you. It is the only job where you work for and look forward to being fired.

Season #4: A "Season of Friendship" 18 to Adulthood

- Many parents see that as the goal from the beginning, but attempting camaraderie too early will backfire.
- You are no longer parenting but are a friend. Today the goal is to be the child's buddy rather than servant, leader, mentor and friend in that order. We as parents are not following this natural process.

“My Teenager Has a Problem, *But* I Can’t Fix It”

- ▶ My teenager is sick and has mental problems.
- ▶ My teenager is frail and if I push too hard she will only get worse.
- ▶ If I get tough I will lose my teen’s friendship
- ▶ My teenager has a chemical imbalance and only needs medication to solve the problem.
- ▶ My teenager has had a tough life and I feel guilty if I am tough.
- ▶ My teenager will grow out of it / hormone imbalance.
- ▶ My teenager is on drugs. If I push too hard she will use more drugs.
- ▶ My teenager wants to be left alone and I need to respect that.

“My Teenager Has A Problem, *And* I Can Help Fix It With the Right Set of Tools”

- ▶ My teenager is stubborn.
- ▶ My teenager is stuck in a rut.
- ▶ My teenager needs parental guidance to show him the way, even if he acts as if he wants to be left alone.
- ▶ My teenager shows signs of depression or attention deficit disorder (ADD). It may require some medication, but she is still accountable for any misbehavior.
- ▶ My teenager is not frail. He needs consistent structure to get stronger.
- ▶ My teenager has too much power for her developmental britches.
- ▶ My teen will not grow out of it on his own. It has been over a year.
- ▶ He needs my guidance to get unstuck.

Locate Where My Teenager's Difficulties Come From

#1 Power and Control

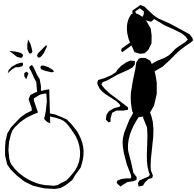
Who is Helping the Child Misbehave?

#2 Wounds

Wound (lie) + Vow = False Self

#3 Biological

#4 Creative Way to Solve a Problem



Locate Potential Stumbling Blocks

Rules & Consequences Not Clearly Outlined

Teenagers are extremely literal and will continue to get into arguments about the interpretation of rules or consequences. Therefore, rules and consequences must be clearly written down beforehand in a contract format.

Rules Clear and Mandatory

A mandatory rule is one that the teenager must obey. If the rule is not clearly stated, it becomes optional and ineffective.

Too Many Rules At One Time

Rather than focusing their time and energy on the most important issues, parents often want to correct every negative thing the teenager does at one time.

Consequence Not Effective

Consequence or punishment is not severe enough. Therefore, the teenager has no reason to give up the extreme behavior.

Parents Not Consistent

Parents don't follow through on a consistent basis or function "off the cuff" and change rules & consequence as they go along.

Rules Not Predetermined

Rules and consequences not predetermined in a contract format. As a result, both parents and adolescent get confused as to what was said and how the rule was to be enforced.

List Top Three Problem Behaviors

Mother's List	Father's List
<ul style="list-style-type: none"> Son will not go to school #2 Son is disrespectful by swearing and by not doing what I ask him to do the first time #4 Son will not come home on time for curfew #3 Stealing #1 	<ul style="list-style-type: none"> Son sulks, always in a bad mood #4 Will not listen to me #2 Does not appreciate us as parents #3 Lying #1
Combined Relevant Behavior List (rank order of priority)	
#1 Son will not go to school #2 Stealing #3 Son will not come home on time for curfew	

Questions to Keep in Mind When Developing Problem Behavior Lists...

- Is this behavior really important?
- Can I let this behavior go?
- What would happen if I just waited?
- Is this problem a safety issue?



Covert Problems into Concrete Rules

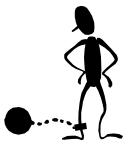
Abstract Behavior = Being Disrespectful

*Do this without
teenager present.*

Concrete Rule = Your behavior will be considered disrespectful if you do one or more of the following:

*They will try to
unravel
the plan.*

- Swearing or using obscene gestures
- Telling a lie (and it is proven as determined by one or both parents - not you).
- Not completing a task and refusing to comply even after a warning is given.



Find the Loopholes In This Contract

Sample Rule Contract

Problem: Daughter will not obey curfew. Regina's curfew time will be 5 pm on school nights (Sunday through Thursday) and 10 pm on weekends (Friday & Saturday). If Regina returns home past her curfew hour, she will be considered late.

Loophole #1: How Late is Late?

The statement, "If Regina returns home past the curfew hour, she will be late," is way too open for interpretation. "Late" could be considered 5 minutes or 5 hours. The teen can easily say to her parent, "You never told me an exact time, so I am not technically late." A good lawyer would tell you that the teenager would be right because the term "lateness" was not literally defined. The contract should read:

"Regina will be considered late if she is one minute past 5 pm on weekdays (Sunday through Thursday) or 10 pm on weekends (Friday and Saturday)."

Loophole #2: By Who's Watch?

The literal and savvy teenager can argue that her watch only reads 5 pm while the parent's watch (and accurate time) reads 7 pm. The contract should read:

"Regina will be considered late if she is one minute past 5 pm on weekdays (Sunday through Thursday) or 10 pm on weekends (Friday and Saturday) according to our kitchen clock."

From the Parent Survival Kit



STRATEGY #2: CONVERT PROBLEMS INTO CONCRETE BEHAVIORS (pgs 37-39)

After you write down your teen's top two problems, it is time to convert each problem into a concrete rule by answering this question:

"What are all the things that my teenager says or does that clearly indicate that he/she is... (disrespectful, ditching school, violent, etc)?"

You must convert your problem (my teen uses drugs, lies, runs away, etc.) into a set of concrete behaviors. Otherwise, your teen will eat you alive. For example, if the problem is a "dirty room" you will argue over the correct interpretation of what constitutes "a clean room" unless you concretely list the things that will make your teen's room clean (no food in room, clothes picked up, bed made, etc.)

This problem is avoided when you concretely define the problem behavior you want to address. Look at how a single mother answers the question above by taking the problem of "violence" and a "clean room" from her problem list and converting it into two clear and concrete rules.

Combined Problem List	Converted Problems to Concrete Rules
1) Sam physically hits his younger brother.	<p>Rule #1 Sam's behavior toward his brother will be considered an act of violence if he does one of the following:</p> <ol style="list-style-type: none"> 1) Push, shove, hit, thump, kick, squeeze your brother, or anyone else. 2) Threaten to hurt your brother or anyone else. 3) Any behaviors not on this list that may cause physical injury to someone else.
2) Sam refuses to clean his room.	<p>Rule #2 Sam's room will be considered clean only if:</p> <ol style="list-style-type: none"> 1) Every piece of clothing is picked up off the floor, closet floor, and any other piece of furniture and placed in the laundry basket in the laundry room. 2) No food items of any kind in any part of your room. 3) The bed is made to my satisfaction. I will show you what this looks like. 4) Hang up or put away clean clothes. 5) Floor vacuumed on Monday and Thursday. 6) These tasks are completed and ready for inspection by 6 pm each day.

Top 10 Consequences Teens Care About

1) Money

Giving money or taking it away is a powerful incentive.

2) Telephone

Friends are extremely important to teenagers. Therefore, restrictions from talking to friends can get their attention quickly.

3) Freedom

A loss of any kind of freedom (grounding, not being allowed to go to a party, see friends, watch television, go on the Internet, etc.) can quickly get a teenager on the right track if done correctly.

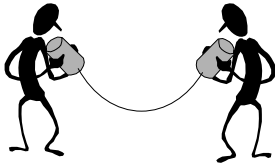


4) Clothing

Clothing makes a statement and represents identity. (Prep or designer clothes for the popular kids, and dark clothing and body piercing for a Gothic look.) Taking away certain clothes or making your teen wear “nerdy clothes” can be a great motivator.

5) Cars

This one has not changed since cars were invented. At 15 and 16 the ability to drive becomes critical to your teen. Parental transportation if one cannot drive also becomes important. Taking the car away or forcing the teenager to take public transportation can be a powerful consequence.



6) Loosened Restrictions

When a parent modifies past rules like extending curfew or bedtime, this communicates trust to the teenager and that they can be treated like an adult. This is a tremendous motivator.

7) Trust

Earning and keeping your trust is very important to your teen. Finding ways for teens to earn back trust slowly can make all the difference in the world.

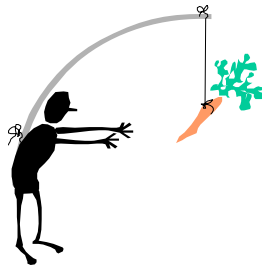


8) Appearance

Looking good in front of peers is very important and goes beyond the type of clothes you wear. It becomes a matter of how you talk, who you are with, and looking cool.

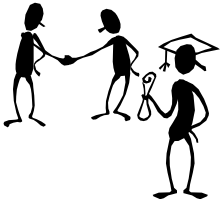
9) Material Objects

More and more, material things (CD's, Pagers, Cellular Phones, Jewelry, etc.) are becoming important to the teenager. Removing these items can be a great motivator.



10) Spending Time

Many teenagers will not admit it, but reconnecting and spending quality time with a parent, mentor, or caregiver is extremely important.



Troubleshooting: “What Will I Do If” Scenarios for the 7 Aces

Disrespect

- ❖ **What will I do if** my teen continues to swear even after I tell him that he will lose his phone, will be grounded, fined etc?
- ❖ **What will I do if** my teen continues to follow me around the house and yell at me when I try to exit from the situation before losing my cool?

Ditching School or Failing Grades

- ❖ **What will I do if** the teacher or school principal refuses to back me up?
- ❖ **What will I do if** he or she refuses to do any homework?

Running Away

- ❖ **What will I do if** I try to ground or stop my teen and he simply leaves the house?
- ❖ **What will I do if** my teen finds parents that will not require that they leave?

Alcohol or Drug Abuse

- ❖ **What will I do if** I suspect that my teen is using drugs or alcohol?
- ❖ **What will I do if** I know that my teen is using drugs or alcohol on a regular basis and he or she refuses to acknowledge it as a problem?

Teen Pregnancy or Sexual Promiscuity

- ❖ **What will I do if** my teen refuses to use birth control?
- ❖ **What will I do if** my teen gets pregnant?

Threats or Acts of Violence

- ❖ **What will I do if** my teen threatens to push, shove, or hit someone?
- ❖ **What will I do if** my teen actually commits an act of violence?

Threats of Suicide

- ❖ **What will I do if** I place my teen on 24-hour watch with my counselor and he still verbally threatens to hurt himself?
- ❖ **What will I do if** I cannot take the time off to place my teen on a 24-hour watch?



When to Introduce the Topic of Nurturance

Option #1: The Soft Side Before The Hard Side	Option #2: The Hard and Soft Sides Simultaneously	Option #3: Addressing The Hard Side First
<p>The behavior problems are so minimal that the soft side of nurturance is the only area that needs to be addressed. However, with difficult adolescents this is an exception, not the rule.</p>	<p>This is possible when behavior problems are less extreme or when problems first emerge. In both instances, family members are not burned out and the negative interactions have not had a chance to seriously impact the family's closeness.</p>	<p>Years of conflict have taken their toll on the parent-child relationship. The parents feel out of control and helpless. Consequently, nurturance cannot be addressed until the bleeding has stopped by neutralizing the teenager's aces and maintaining the parents' position of authority.</p>



Timeline of Stages Leading to Emotional Deprivation

Stage 1 Behavior Problems	Stage 2 Negative Interaction	Stage 3 Conditional Love	Stage 4 Emotional Deprivation
<p>A preadolescent or early adolescent becomes rebellious and has behavior problems.</p>	<p>The child fails to comply with parental requests and lecturing & negative interaction jumps to 90% to 100% of the time.</p>	<p>Special outings or signs of affection then become contingent on how good the behavior was each week.</p>	<p>Emotional deprivation sets in when the parents and teen stop physical affection and special outings. Both parents and teen feel "burned" so many times that they stop trying.</p>
Stage 5 Second Family Takes Over	Stage 6 Parent and Teen Get Stuck In a Vicious Cycle	Stage 7 Teen Becomes Hardened & Lacks Remorse/Empathy	
<p>If teenager does not receive nurturance in the family, he or she will look to an adopted "second family" of peers, gangs, or drugs.</p>	<p>As parents see the teenager pull away, they will lecture or impose more rules, which in turn will push the teenager further away until both parties get stuck in a rut and are unable to make the first move to break down the walls of emotional deprivation.</p>	<p>As this rut continues, the teenager becomes more and more hardened. Over time the teenager develops an inability to show remorse or empathy and may even develop an antisocial personality disorder. As adults, they pass these problems on to their children where it begins all over again.</p>	