

How can we maintain healthy relationships with the important people in our lives?

Conflicts often result when parents refuse to acknowledge their child's growing need for independence. Young people need to be patient.

Practice good self care

If a confrontation is brewing, ask, "Is this problem being fed by exhaustion, anxiety, hunger, or loneliness?"

All the great world religions advise that we treat others the way we would like to be treated. When we practice the "Golden Rule", we can ask others, "Would you like it if I treated you the way you are treating me?"

Don't give up.  
If you get stuck, get help!

**Concerned About a Relationship?**

Share this brochure with the other person.

Offer to work together.



U.S. Department of Health and Human Services  
<http://www.ncfy.com/supporti.htm>

- or -

Centre for Addiction and Mental Health  
[http://www.camh.net/about/addiction\\_mental\\_health/tips\\_for\\_parents\\_teens.html](http://www.camh.net/about/addiction_mental_health/tips_for_parents_teens.html)



Contributions to HopeWorks

We rely on the generosity of people like you in order to continue offering our services. **All contributions** are very gratefully accepted.

HopeWorks is a 501(c)(3) organization.

Copyright © HopeWorks, Inc.  
All Rights Reserved

Inventory # PI:PA-RLTN    Workbook # 4.1    12/12/2005

# Parents and Teens: It's All About the Relationship

*Be an active participant (to a point) in your teen's life.*

David A. Wolfe, Ph.D  
Psychologist



90 North Main Street  
West Hartford, CT 06107  
(860) 561-1175  
Email: [hopeworks@snet.net](mailto:hopeworks@snet.net)  
[www.hopeworkscentral.org](http://www.hopeworkscentral.org)



*Providing hope and help to young people and their families through counseling and education*

There are a multitude of theories about how to come through the adolescent years well. Good relationships are built on the fact that people experience reality differently. We must be willing to listen to each other.

Parents can continue to guide and influence. If parents insist on absolute control, they keep their children immature or push them into rebellion.

### What is most important?

#### STAY AWAKE

- ☼ Mutual Respect is essential
- ☼ Follow agreed-upon rules
- ☼ Discuss problems

☼ Allow children to learn from their mistakes and the mistakes of others.

☼ Do not bail people out of problems they have created for themselves. Let them know you are still behind them.

### Both parents and young people need to avoid the following roles:

- ▷ The Lecturer
- ▷ The Needy Victim
- ▷ The Archeologist  
(stuck in the past and making digs)
- ▷ The Guilt Producer
- ▷ The Distant One  
(through workaholism, disgust or the silent treatment)

### Destructive Relationship Habits:

Blaming: "Our relationship problems are all your fault."

Shaming: "Why do you do such stupid things?" ("Why" questions often assume error.)

Assuming: "You are late so you must have been..."

Entitlement: "You owe me..."

Threatening: "If you do that..."

Generalizing: "You always..."

### Win/Win Conversation Openings:

"Can we talk about this?"

"We all make mistakes. What can we do to regain trust?"

"We both have strong feelings about this, maybe we can talk when we have had a chance to calm down."

Often when people sound angry, they are really scared or hurt. Ask yourself what is behind your anger. Then share your feelings.

Healthy communication skills and habits serve everyone.

#### MUTUAL RESPECT: The foundation of any healthy relationship

When it seems to be a lot of work, consider the alternative. The work is worth it.