

TIPS FOR PARENTS: CONFLICT AND THE OLDER TEENAGER



TIPS FOR PARENTS:

CONFLICT AND THE OLDER TEENAGER

Our teenagers' behavior is often modeled after what they see on social media, or what they see their peers doing. As teenagers who need extra medical support begin displaying their desire for independence by staying out late, not checking blood sugars, exhibiting an interest in dating, breaking curfew or even seeing how far they can stretch the truth to get more screen time, conversational volume isn't the only thing that can escalate.

During discussions where conflict arises, it is not always appropriate to stop mid-conversation to work on processing your own emotions. This can make it easy for our subconscious mind to get the idea that because the emotion is so intense, we are stuck in it, and the emotion — and the story our subconscious mind is telling us that is causing the emotion — is true.

It's at times like these where dissociation is helpful. This allows us, as humans, to gain the perspective of an outside observer, asking questions in a more objective tone. This does not mean that you are suppressing your emotions— far from it!

By appropriately using dissociation, your emotions will not obscure your judgement, allowing you to set consequences rather than administer punishments-- thus promoting a more responsible and more independent life.

TIPS FOR PARENTS: CONFLICT AND THE OLDER TEENAGER

HELPFUL QUESTIONS TO KEEP IN MIND:

- Is the issue or problem as bad as I'm making it out to be?
- What did my child do well in this situation?
- Does the emotion I'm feeling right now stem from a past traumatic event with related or similar circumstances?
- How can I show compassion and kindness, while still enforcing consequences?



Want more free resources? You can find other tips at www.stellakevansmd.com.

It's my mission to support parents of children with special healthcare needs through life coaching.

Schedule a free consultation with me at <https://stellakevansmd.as.me/>, or register to attend a free Tuesday webinar on one of a variety of topics.