**Parent, Relationship and Life Coach**

**1891 East Roseville Parkway #100**

**Roseville, CA 95661**

**(916) 791-6530**

**Encouraging Myself in Parenting My Teenager©**

*A crucial part of parenting teenagers is developing the ability to tell*

*yourself encouraging statements about yourself and your teenager.*

*By learning to “coach” yourself through the ups and downs of your*

*teen’s moods and behaviors, you’ll be able to remain stable rather*

*than ride your teen’s emotional rollercoaster. It’s often a challenge in*

*the moment to not* ***react*** *to your teen out of anger and fear. Repeat*

*these statements to yourself everyday.*

• It’s OK, this is a stage of his growth. It’s normal for my teen to be emotional, impulsive, and need time to grow in these areas.

• Take a deep breath, slow down, I can do this. One step at a time.

• God, please give me your strength, your compassion, your perspective,

your love and acceptance for my teen

• Remember, he/she needs to push away from me in order to gain her own

sense of self

• This feels so personal, but it’s not…In order to separate, he needs to

separate from me. When it happens, it isn’t smooth.

• Him taking time in his room is most likely his way of thinking through all

that’s going on inside. It’s not a rejection of me.

• I will still make attempts to connect, even if they are rebuffed. They are

going in, even if I can’t see it now.

• My teen is going through a lot…stress, changes, pain, and confusion. I

need to notice this and have it count, not dismiss it and expect her to be

OK even if her world is falling apart (or shaken, changing, etc).

• It’s OK if I don’t understand everything, or know what to do. I am learning too.

• My teen and I are worth the effort, and so is our relationship.

• I’m on the right road. Keep going. I don’t have to do this alone. I’ll call a

friend for a listening ear and prayer.

• God will bless my efforts as I lean on Him for strength, courage and

understanding

• He/She will eventually become an adult, with brighter times ahead.

• As hard as this is, God is using it to grow me up on the inside.

• Remember, my teen’s brain is not fully developed. His ability to think

through things, plan, and delay his impulses isn’t mature yet…but it will

be eventually!

• Remember to keep the big picture in mind…my long-term relationship with my teen. I want him/her to visit me in the future…grandkids…good

relationship.

• It’s my job to keep myself under control emotionally, even if my teen is out

of control…remember, one of us has to be an adult…it’s me!

• It’s OK to give myself time to think through how I want to handle this…I’ll

get back to him later about consequences.

\* A big part of getting through these teen years is making sure I’m taking care of myself. I’m going to make sure I get enough rest, exercise, good nutrition, and time with friends.

**© Kim Fredrickson, Coach 1891 East Roseville Parkway #100, Roseville,**

**CA 95661 (916) 791-6530 www.EncouragingRelationships.com**

**ABOUT THE AUTHOR**

**K**im Fredrickson, M.S., Marriage and Family Therapist (CA MFC 22635) and Life, Parent, and

Relationship Coach is the author of many popular CD’s and articles that will help you build

**Encouraging Relationships** in your life. To learn more about Kim and sign up for more FREE

Relationships Tips like these, visit her site at <http://www.EncouragingRelationships.com>.

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Kim@EncouragingRelationships.com