

## Teenage Feelings “All Over the Map!”

### Tips for Talking with Your Teen

Are you having a hard time navigating through this time of life with your teenage son/daughter? It's important to know how to talk to your teen when she is going through this difficult time of her life. She may seem out of control, but it's all normal. Knowing how to talk to her can help. Here are some tips:

From Lisa Damour, PhD <https://www.drlisadamour.com/untangled/>

You can tell your daughter is upset but doesn't want to talk about it...how come?	What can you do to improve communication?
<ul style="list-style-type: none"><li>❖ She may be worried you'll have a big or bad reaction</li><li>❖ She is concerned if she talks about it, there will be negative consequences</li><li>❖ She may be worried you will tell someone else</li><li>❖ She may already be talked out about the topic or feel things aren't going to be solved by talking</li></ul>	<ul style="list-style-type: none"><li>❖ Could ask if they're worried about your reaction and that's why she doesn't want to talk</li><li>❖ Attempt to remain compassionate and realize that teens make mistakes too</li><li>❖ Be clear on what you would have to share and what you can keep private and then keep your word</li><li>❖ If all else fails, treat them like they have the flu! Offer them their favorite food, ask what they would like to watch on TV, suggest some alone time, or see if they just want a big hug.</li></ul>

Please click on the above link to learn more about brain development during your daughter's (or even son's) adolescence: *Harnessing Emotions*. Take the time to check out the other videos offered on the webpage.

See below for some additional tips on how to handle the “eye roll,” teenage self-absorption, and all the emotions they get fired up in you.

## Additional Tips:

(\*Taken from various sites that weren't noted)

<p>❖ <b>Eye Roll:</b></p> <p>They all do it! Don't give them the power by overreacting to this almost instinctual teenage tic. Shake it off, It's annoying, but it's also developmentally appropriate, and she'll eventually grow out of it.</p>	<p>❖ <b>Tolerate their self-absorption:</b></p> <p>Teens are egomaniacs. It's developmentally normal for them to focus on their problems and their desires. Remind yourself it is normal and temporary.</p>	<p>❖ <b>Using non-judgmental language:</b></p> <p>It is easy to assume we, as parents, know the <i>intent</i> of the behavior teens display, but sometimes we don't. It is important to separate the intent of the behavior from the effect of the behavior and to not assume the intent of the behavior is negative.</p>
<p>❖ <b>Take the emotionality out of the equation:</b></p> <p>Emotion is your enemy when you're trying to get through to your teen. You may not like how he's behaving—or even how he's thinking—but keep your emotions out of it, even if his behavior impacts you. I'm not saying this is an easy thing to do.</p>	<p>❖ <b>Don't do anything until you're both calm:</b></p> <p>Another rule of thumb is to avoid doing <i>anything</i> until you and your child have both calmed down. The fact is, you don't have to respond to your child when you are upset, or when your child is upset and in your face. You just don't. You can say nothing. You can take a few minutes or more if you need to. So if either you or your child is upset, pause and come back when you can address things in a calmer way.</p>	<p>❖ <b>Claim it</b></p> <p>Emotions aren't wrong, and our kids shouldn't be ashamed of them. It's OK to be upset when a friend lets them down, to be disappointed when they study for a test and don't do well, or even to be sad for reasons they can't quite identify. (Hello, hormones!) In fact, identifying and <i>feeling</i> feelings is healthy and important.</p>

## **Additional Tips:**
