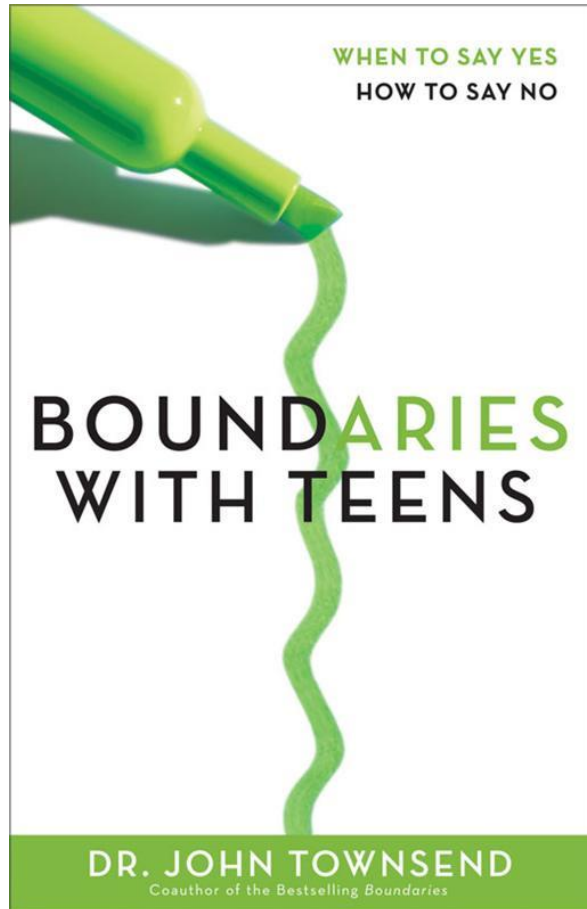


Creating Healthy Boundaries with Teens

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With Community Counseling



Boundaries with Teens

Dr. John Townsend

The Problems with Boundaries and Teens

Disrespectful attitude towards parents, family, and others

Lazy and careless about home chores and responsibilities

Emotionally withdrawn and distant

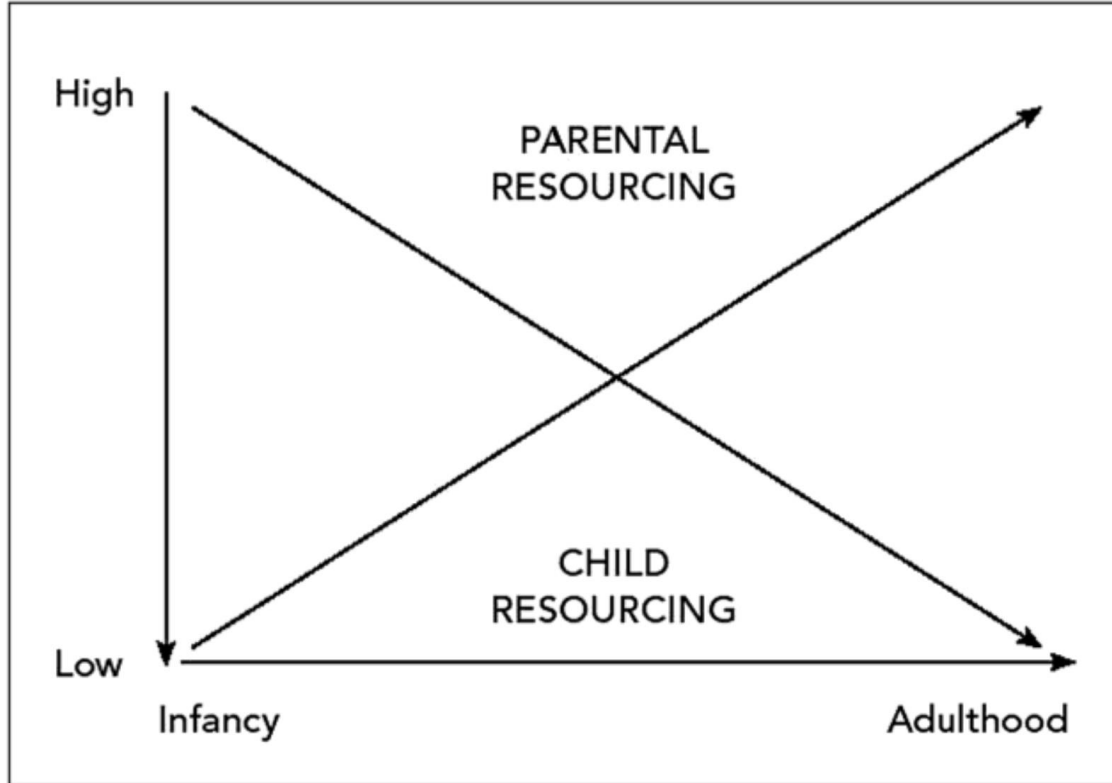
Erupts in anger seemingly out of nowhere

Lacks motivation for school and fails to maintain grades

Lies and is deceptive about activities

Is physically aggressive and violent
Abuses substances

The Goal of Parenting



Raising Adults

What are Boundaries?

Boundaries are how you define yourself, say who you are and who you are not, set limits, and establish consequences.



Why Parents Struggle with Boundaries and Teens

We Remember Too Much



Why Parents Struggle with Boundaries and Teens

We Remember Too Little



Why Parents Struggle with Boundaries and Teens

We Feel Guilty or Afraid

Guilt from working too much or through a divorce and leaving them with only one parent in their life.

Avoid boundaries at all costs and do everything to keep kids connected.

Fear that setting limits will cause teen distance and withdraw their love from you.

Develop the Four Key Capacities as Parents

Definition - Know who you are, what you want, and what you value.

Separateness - Separate your sense of self and experience your feelings from your teen's.

Honesty - Being open about what you expect as a parent and own your mistakes when they happen.

Persistence - Stick with the rules and the consequences, as long as they are reasonable.

Four Anchors of Creating Healthy Boundaries: Anchor #1 - Love

“I am on Your Side”

Always begin with love...
because boundaries can
feel harsh and uncaring.

Connecting before
correcting.

“I am not doing this
because I am mad,
or want to punish you,
or don't care about you.
I am doing this because
I want your best.”

Love helps the teen see
that the behavior
is the problem,
not an out-of-control
and angry
parent.

Four Anchors of Creating Healthy Boundaries: Anchor #2 - Truth

“I Have Some Rules and Requirements.”

Your teen needs to know where the line is.

When you bring rules into the relationship, you are helping your child see that structure and responsibility are normal and expected in life.

SMART rules: Specific, Measurable, Attainable, Relevant, Time-based.

Don't get mad. Get clear!

Four Anchors of Creating Healthy Boundaries: Anchor #3 - Freedom

“You Can Choose to Respect or Reject the Rules.”

Freedom is Necessary.

You can't really MAKE your teen choose the right thing.

Freedom to choose poorly is necessary to learn to choose well.

Unless it's dangerous, give teens freedom to follow house rules or not. Choosing “not” may limit their freedom.

Four Anchors of Creating Healthy Boundaries: Anchor #4: Reality

“Here is What Will Happen.”

Teens need consequences to experience a law of life: good behavior brings good results, and bad behavior leads to uncomfortable results.

Consequence: Either removing the desirable or adding the undesirable to your teens life as a result of a rules violation.

Whenever possible allow your teen to experience the natural consequences to an undesirable behavior or attitude.

Consequences should be SAID and DONE.

Consequence
Category 1:
Social Access

Ground your teen.

Restrict phone privileges.

Uninstall instant messaging.

Restrict driving privileges.

Consequence Category 2: Media

Restrict access to television.

Restrict access to computer/phone for connecting, browsing, music.

Remove access to video games.

Consequence
Category 3:
Tasks

Assign added chores.

Assign extra homework.

Assign community service.

The Four Anchors

I love you and I am on your side.

I have some rules and requirements for your behavior.

You can choose to respect or reject these rules.

Here is what will happen if you reject these rules.



It's not too late!

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