



When you stop trying to gain control you actually get it!

Choice Theory - William Glasser

Why is it that as our children move into the teenage years we, as parents, often try to pull in the reins and take more control? We often use one of the Seven Deadly Habits, as described by William Glasser, which ultimately destroys the parent/teen relationship.

- Criticising
- Blaming
- Complaining
- Nagging
- Threatening
- Punishing
- Bribing or rewarding to control

Do any of these ring true with you? If so it's time to think about replacing them with the Seven Caring Habits of Choice Theory.

- Supporting
- Encouraging
- Listening
- Accepting
- Trusting
- Respecting
- Negotiating differences

When you next disagree with your teenager think about this: "Is what I am about to do or say going to bring me closer to my teenager or move us further apart?" Do what you can to keep close. The relationship takes precedence over always being "right"

Choice Theory challenges the ancient "I know what's right for you" tradition and replaces it with "the only person I can really control is me, and I choose everything I do" So next time you are about to nag, criticise, complain, threaten or punish your teenager think about using one of the Seven Ways to Coach your teenager instead and begin to transform your relationship into one of mutual love and respect.

"When you have the choice between being right and being kind just choose kind."

Dr Wayne Dyer