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### TOP TEN PARENTING TRAPS

After years of working with teenagers and parents I have compiled a list of the Top Ten most common statements parents should avoid when talking to their teenagers. These comments often lead to more arguments and conflicts.

10. COMPARING YOUR TEEN TO OTHER FAMILY MEMBERS OR PEERS
9. LECTURE, LECTURE, LECTURE. (NOTE: TO YOUR TEEN A LECTURE BEGINS AFTER 15 SECONDS OF TALKING)
8. USE THE WORDS ALWAYS AND/OR NEVER WHEN COMMENTING ON YOUR TEENAGERS BEHAVIORS.
7. PREDICTING WHAT KIND OF PERSON YOUR TEENAGER WILL BE IN TEN YEARS.
6. START A QUESTION WITH "HOW MANY TIMES...?"
5. USING THE DIFFICULT AND COMPLICATING TIME OF ADOLESCENCE TO ASK THEM WITH "WHAT'S THE MATTER WITH YOU?"
4. ONLY FOCUS ON THE SMALL STUFF AND IGNORE LARGER, MORE IMPORTANT ISSUES AFFECTING YOUR TEENAGER
3. KEEPING A MENTAL SCORECARD OF PAST BEHAVIORS AND CONSTANTLY REHASHING PAST PROBLEMS IN CURRENT CONFLICTS
2. SETTING UNREALISTIC GOALS AND CONSEQUENCES
1. USE GUILT AND SHAME TO CREATE MOTIVATION.

By avoiding these common parenting traps and shifting your approach, often amazing changes can occur in your relationship with your teenager.