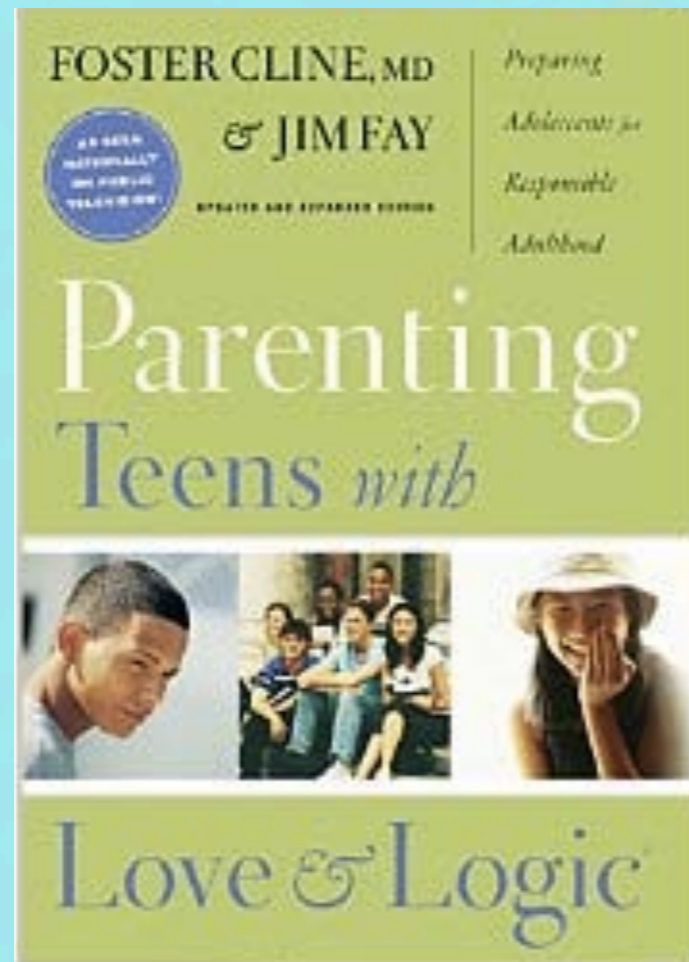


Love and Logic for Teens



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Love and Logic for Teens

What was your biggest take away from last week?

LOVE = Empathy

- It is the best way to soothe the amygdala and activate the PFC

Eg. Getting a ticket

- Activates the pleasure center: leverages the very developed nucleus accumbens.

Eg. My son's comment about "You're lucky you bring me comfort!"

- Empathy is enables you to use your PFC.

Difference between sympathy and empathy.

Tools of Empathy

- **No brain default response.**

“Wow, that’s gotta be hard”, “ Bummer” “ I know....”

- **Reflect and Validate**

“ I could see how that would be....”

NO FIXING!

Lays the groundwork for listening to what you have to say.

Logic : Consequences

- Sharing the control
- Enforceable Consequences
- Problem Solving

Sharing the control (the Drug of Choice for teens)

- 1 **Never give a choice on an issue that might cause a problem for you or for anyone else.**
- 2 **For each choice, give only two options, each of which will be OK with you.**
- 3 **If the child doesn't decide in ten seconds, decide for him or her.**
- 4 **Only give choices that fit with your value system.**

Some Love and Logic Examples of Little Choices

1. Would you like to wear your coat or carry it?
2. Are you going to clean the garage or mow the lawn this week?
3. Will you have these chores done tomorrow? Or do you need an extra day to get them finished?
4. Are you having peas or carrots as your vegetable tonight?
5. Are you going to bed now? Or would you like to wait 15 minutes?
6. Can you stay with us and stop that, or do you need to leave for a while and come back when you are sweet?
7. Are you going to put your pajamas on first or brush your teeth first?
8. Will you be home at 10:00? Or do you need an extra half hour with your friends?
9. Are you guys going to stop bickering? Or would you rather pay me for having to hear it?

Enforceable Consequences

- Don't tell them what to do, tell them what you're going to do

I'll be happy to talk to you when your voice matches mine.

I'll be happy to wash all the clothes that make it into the laundry basket.

I'll be happy to take whoever is in my car at 7:45 to school.

Problem Solving

1. Empathy

“Wow, how sad.” “That’s got to hurt”

Problem Solving

1. Empathy

“Wow, how sad.” “That’s got to hurt”

2. Power question:

“What are you going to do about it?” PFC check

3. Present choices: Do you want to know how **OTHER KIDS** have done it?

Give 5 examples 3 bad ones and hide yours.

4. State consequences.

After each choice -- “How would that work out?” PFC check

5. Give the child permission to solve the problem or not.

“Good luck, I hope it works out.” “I trust you know what to do”

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What is your Growth Edge?

Love: Empathy

Logic: Consequences

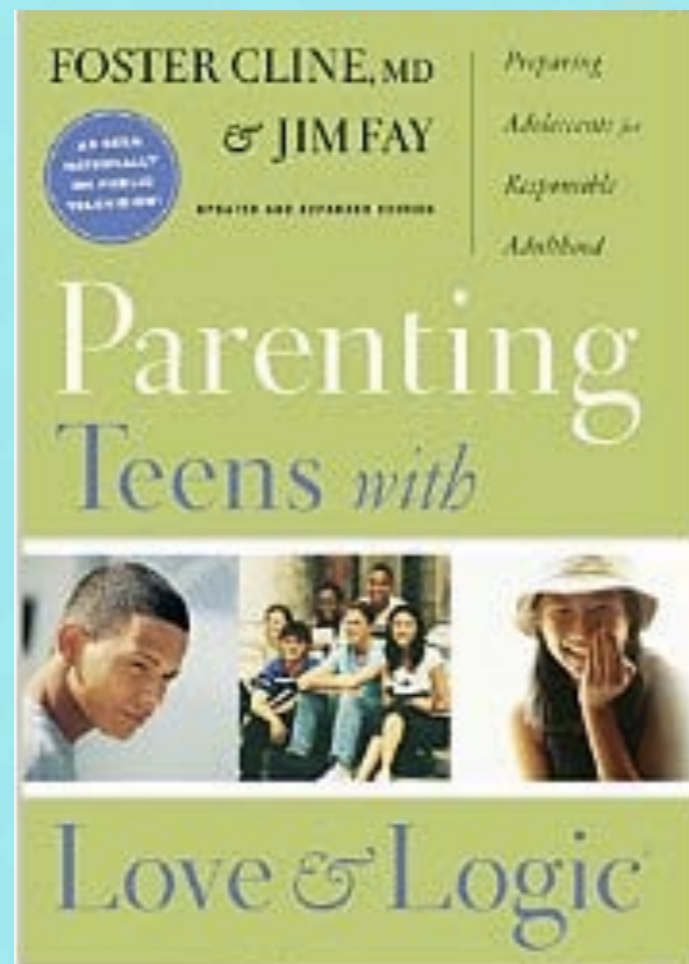
Detriggering the Teenage Parent

Find out what kind of parent you are? Self Quiz

What is your growth edge?

Why doing your own work is crucial to your kid doing his.

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