

Counseling Teens

By Karla Charboneau, M.A.,B.C.C.C.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

1. Value and Importance:
2. Life Law: You Can’t Give Away What You Don’t Have

A FATHER’S LOVE LETTER FROM GENESIS TO REVELATION

MY CHILD…

You may not know Me, but I know everything about you (Ps. 139:1)

I know when you sit down and when you rise up (Ps. 139:2)

I Am familiar with all your ways (Ps. 139:3)

Even the very hairs on your head are numbered (Matt. 10:29-31)

For you were made in My image (Gen. 1:27)

In Me, you live and move and have your being (Acts 17:28)

For you are My offspring (Acts 17:28)

I knew you even before you were conceived (Jer. 1:4-5)

I chose you when I planned creation (Eph. 1:11-12)

You were not a mistake (Ps. 139:15-16)

For all your days are written in My book (Ps. 139:15-16)

I determined the exact time of your birth and where you would live (Acts 17:26)

You are fearfully and wonderfully made (Ps. 139:14)

I knit you together in your mother’s womb (Ps. 139:13)

I brought you forth on the day you were born (Ps 71:6)

I have been misrepresented by those who do not know Me (John 8:41-44)

I Am not distant and angry, but I Am the complete expression of love (I John 5:16)

And it is My desire to lavish my love on you (I John 3:1)

Simply because you are My child and I Am your Father (I John 3:1)

I offer you more than your earthly father ever could (Matt. 7:11)

For I Am the perfect Father (Matt. 5:48)

Every good gift you receive comes from My hand (James 1:17)

For I Am your provider and I meet all your needs (Matt 6:31-33)

My plan for your future has always been filled with hope (Jer. 29:11)

Because I love you with an everlasting love (Jer. 31:3)

My thoughts toward you are as countless as the sand on the seashore (Ps. 139:17-18)

And I rejoice over you with singing (Zeph. 3:17)

I will never stop dong good to you (Jer. 32:40)

For you are My treasured possession (Ex 19:5)

I desire to establish you with all My heart and all My soul (Jer. 32:41)

And I want to show you great and marvelous things (Jer. 33:3)

If you seek Me with all your heart, you will find Me (Deut. 4:29)

Delight in Me and I will give you the desires of your heart (Ps 37:4)

For it is I who gave you those desires (Phil 2:13)

I Am able to do more for you than you could possibly imagine (Eph. 3:20)

For I Am your greatest encourager (2 Thes. 2:16-17)

I Am also the Father who comforts you in all your troubles (2 Cor. 1:3-4)

When you are broken hearted, I Am close to you (Ps 34:18)

As a shepherd carries a lamb, I have carried you close to My heart (Isaiah 40:11)

I have inscribed your name on the palms of My hands (Isaiah 49:16)

One day, I will wipe away every tear from your eyes (Rev 21:4)

And I’ll take away all the pain you have suffered on this earth (Rev 21:4)

I Am your Father and I love you even as I love My son, Jesus (John 17:23)

For in Jesus, My love for you is revealed (John 17:26)

He is the exact representation of My being (Heb. 1:3)

And he came to demonstrate that I Am for you, not against you (Rom 8:31)

And to tell you that I Am not counting your sins (2Cor 5:18-19)

Jesus died so you and I could be reconciled (2Cor 5:18-19)

His death was the ultimate expression of My love for you (I John 2:23)

And nothing will ever separate you from my love again (Rom 8:38-39)

Come home and I’ll throw the biggest party heaven has ever seen (Luke 15:7)

I have always been Father and will always be Father (Eph. 3:14-15)

My question is…will you be My child? (John 1:12-13)

I Am waiting for you (Luke 15:11-32)

Love, Your Dad (Almighty God)

1. If the way you see yourself is different than the way God sees you, who is right?
2. If parents can embrace the value of their child then they will be able to see the responsibility to care for their children in a way that is nurturing, helpful, growing and loving with limits. God is a very involved Father, listen to what Ps. 34 teaches us:

“Taste and see that the Lord is good.

Oh, the joys of those who take refuge in Him!

Fear the Lord, you His Godly people, for those who fear Him will have all they need. Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing. Come, my children, and listen to me, and I will teach you to fear the Lord. Does anyone want to live a life that is long and prosperous?”

That is a highly involved Father, the kind that we all want and the kind of parent we all need to be.

1. So what are some of the components of being an involved parent?
2. Having a close enough relationship to God that you hear from Him, for your benefit and the benefit of your children. Deut. 4:10
3. Understand their developmental levels, so you don’t expect more of them than they are able.
4. Making spending time with your children a priority. Deut. 11:19
5. Teaching your children that God knows the way to have a good life. Ps. 34:12-17
6. Teach your children how to respect authority. Romans 13:1-7
7. Be an example to show your children how to be a giving person. 2 Cor.9:6-9
8. Demonstrating to your children what true love is. I Cor. 13
9. Never stop loving them. Ps. 89:28-34
10. Correct them when they are off from the path. Ps. 89:30-32
11. Hold them accountable for their actions. Deut. 29:29, Heb.13:17
12. Help them find THEIR way. Pro. 22:6 each person has a path they must walk on. This path is determined by God and is for God’s purposes. As parents we get to walk alongside a young person to help them discover what their path is.
13. What will be the advantages of being this kind of involved parent?
14. Your children will feel secure, which will free them up to learn at a tremendous rate.
15. They will be able to come to you when they need guidance and advice.
16. They will make mistakes and be able to recover from those mistakes.
17. They will know who they are, where they are going and be able to find the path to get there.
18. They will be able to plan their future and make it happen.
19. They will understand what it takes to have a healthy relationship.
20. They will be a responsible person.

7. The first thing that we need to look at is what kind of parent we are: Why determine that, because of another life law. You can’t change what you don’t acknowledge:

\* Are you the kind of parents that saves your child from every possible painful thing that might happen? Does God save you from every hurtful thing that might happen? We will call this parent the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ parent.

1. That kind of parent stirs up a lot of wind. Their goal is to \_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Examples of a saving, protecting kind of parent:

Taking things to school that are forgotten.

Parents that shield their children from affordable consequences.

Paying for things that the children should be paying for.

Putting away bicycles or tricycles so the child won’t suffer if they are stolen.

\* What are some of the results of this saving protecting parent?

1. Since these parents don’t allow their children to \_\_\_\_\_\_\_\_at anything then the children don’t figure out how to pick themselves up and start over again.

2. When parents \_\_\_\_\_\_\_\_\_\_for the child then the child does not learn to think for themselves which leads to reliance on others.

3. When parents think for the child then the child never really learns who they are or what their purpose is because they don’t know how to search for answers.

\* The second kind of parenting style we will call the \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. This parent commands.

2. They make a lot of noise, stir things up and create immediate motivation in their listeners. The motivation is called \_\_\_\_\_\_\_\_\_\_. This parent calls this motivation respect, but it is really fear.

3. They are clear and definite.

4. IF they are not at war with their children by the time the child is a teen they will be at war. Sometimes the war is a quiet one but the explosion will come.

\* What are some of the result of the Military parenting style?

1. Children of these parents don’t know how to make\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. They have been ordered around all their lives, listening to voices coming from outside their head and they don’t even recognize the voice inside their own heads.

2. When they move into adolescence they shut out their parents voices, they do this in an effort to find out who they are. But if they have no internal voice of their own they begin to listen to other voices which usually turn out to be \_\_\_\_\_\_\_\_\_\_.

3. Military parents usually use punishment in the light of disobedience.

Punishment is the act of inflicting pain to cause discomfort. Punishment causes the punished to focus on the punisher instead of the action that got them there in the first place. \_\_\_\_\_\_\_\_\_\_\_\_\_is the more common reaction to punishment. The real world doesn’t operate on punishment.

4. Another result of the Military parent style is in the way the child views God and others in authority.

\*The next parenting style we will mention here is the\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. These parents \_\_\_\_\_\_\_\_\_\_\_. These are the parents who let their children raise themselves.

1. I would like to emphasize that this is not truly a parenting style, but instead an \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of parenting responsibilities.

\* What are some of the results of the totally uninvolved parenting style?

1. Children that have no idea where they start and end and have no idea where others start and end.

2. Don’t seem to know \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by other’s hurt feelings.

4. Show \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for being caught only.

Some basic child development:

1. Children up to the age of about 10-12 are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_thinkers. They think in black and white. They truly don’t understand, in most instances why they did or did not do something. For this reason young children need concrete guidelines to keep them safe.
2. Adolescence start to think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_a little at a time and need to know why and how. They search for understanding behind the boundaries. And need to be allowed to search things out for themselves even more.
3. At ages, birth, 9 months, 4 years, and 14 years the part of the brain that teaches how to have healthy relationships, and how to make good decisions by thinking things out in advance as viewed in SPECT scans, shows significant growth. So throughout a child’s life it is important to have bonding moments, as this is what causes the brain to grow in the relationship area. Prior to 1 month that part of the brain doesn’t even show up on the SPECT scans.
4. Recent studies shows that teenage brain development is ongoing and very \_\_\_\_\_\_\_\_\_\_. This research seems to indicate that the patterns developed in the years between ages 12 and 25 are more likely to affect brain wiring and thus future behavior patterns than at any other time.
5. As a matter of fact the frontal lobe in a teenager is barely visible in the SPECT scan. In boys what is there is soaked in hormones, again this part of the brain is not fully developed until age 25. Why is this important to know? I think we do damage to our children when we don’t understand that there are certain things that they really cannot do and understand by expecting them to.
6. There is also evidence that the more stable the life of the child is the quicker the brain develops.

Things we cannot control.

1. A
2. C
3. C
4. E
5. S
6. S
7. D
8. E
9. N
10. I
11. E
12. D
13. S
14. L
15. I
16. C
17. K

\* Another important thing to understand is that what children need is love. Love includes five basic things.

1. It’s okay to feel the feelings that naturally come to them.
2. It’s okay to talk.
3. It’s okay to trust.
4. You are special.
5. You are loved even when you make mistake.

\* When these things are present in a child’s life it has several results.

1. They feel \_\_\_\_\_\_\_\_\_\_\_.
2. They don’t have to worry about anything so that frees their minds to \_\_\_\_\_\_\_\_\_\_\_\_. Unless your child has some kind of developmental delay or hindrances then they have the ability to learn to at a remarkable level.
3. They learn to think for themselves and make good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. They know how to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ love.
5. They have a healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Their lives are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. They can figure out how to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a healthy manner.
8. They have the ability to plan their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and make it happen.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ parenting style.

1. Control – remember the things that you can’t control. Does God try to control you? We let me tell you what you can control. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ around the behavior. How:
2. Give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Lots and lots of choices. Does God give us choices? Choices that you are good with and that are safe. Usually offer two. Example Mackenzie picking up her coat. Why does this work? Sharing power gives you power. It gives them the opportunity to think for themselves. Start with little things. Red or yellow shirt?
3. State what you \_\_\_\_\_\_\_\_\_\_ do, not what you \_\_\_\_\_\_\_\_\_\_\_\_\_\_ do. This gives us the opportunity to keep our wishes, desires, positive. Example: I will take you to soccer practice just as soon as your room is clean. I will be glad for you to eat supper as soon as you have fed the dog. I will continue this conversation with you as soon as your voice is as calm as mine. Yes you may go out and play as soon as your homework is done. Feel free to join the family for a movie as soon as you work things out with your sister. You can almost always say yes. Yes you may drive the car when you are 16 in four years. Yes you can stay out till one o’clock in the morning when you don’t live here anymore. God states both as a matter of fact He wrote them down for us. But there comes a time when stating what we won’t do needs to stop.
4. Stay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. If you are not consistent then nothing works.
5. Keep things as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as possible:
6. Let them make as many \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_as possible as long as it is safe.
7. Create \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_that resemble the adult world.

Ask yourself do I need to create consequences or is the world doing that for me. If the world is doing it for you then you can be empathic which puts you on their side.

1. Let them be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for the things that they should be responsible for.
2. Conversation using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, making suggestions, giving comment for support. Ex. Child having trouble with friends. Whose job is it? What are you going to do about that?
3. You don’t have to have the answer to the child’s request or the discipline \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. If you need to take time to think about it say so and let them sweat.
4. Arrange things so they are thinking more about the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than you are.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ empathy is essential for this to work. You cannot be fake. Think to yourself if this was happening to me how would I feel?
6. The best way to negate the effectiveness of this parenting style is \_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\* What are some of the results of the God parenting style?

1. Children of the God parenting style take responsibility for their actions.

2. They are able to make good decisions for themselves.

3. They think things through instead of making snap judgments.

4. When they make mistakes they know how to pick themselves up and start over.

5. They know when to ask for help and will ask their parents for that help most of the time.

6. Discipline from the parents is needed less and less as they get older.

7. These children plan their futures and accomplish their goals.

8. Their parents are not their enemy.

9. These children know right from wrong and are able to establish and uphold good boundaries.

10. They have relationships that are productive and supportive.



TEEN PARENTING HELP CARD

WAIT-THINK-CONSIDER

Ask yourself:

1. Is it necessary to do something?
2. Am I trying to control something that I can’t control?
3. Has what I am about to do or say not worked in the past?

EMPATHY

1. Acknowledge concern for my child’s situation.
2. Restate the teens request including how he/she might feel ask, “Did I get it?”
3. Do not be patronizing, sarcastic, or judgmental.

ASSERTIVENESS

1. State your concern calmly.
2. Listen to teen’s response.

RESPECT

1. Don’t use your words to attack, ridicule, judge or belittle the teen.
2. Don’t use disrespect as a form of punishment.
3. Even if you are not being respected use Biblical respect.

INVITATION

1. Ask, “What can we do about this situation?” If the situation is appropriate ask, “What are you going to do about this?”

COLLABORATION

1. Allow the teen to come up with some possible solutions.
2. Offer possible solutions or offer an adaptation of the teen’s solution until an agreeable solution emerges.

**The goal is to get your teen to feel, think and relate at the same time to build a skill set of problem solving.**