

蛻變- 了解你的青少年 (三)
如何與青少年有效溝通 (Stacey)

Parent-Teen Relationship 親子關係

- **The good news 好消息:** You have more impact on shaping who your child will become than any other influence in their lives. 你比任何人對你的孩子的影響力還要大
- **Shared blindness 共同的盲點**
 - **See each other as a “person” 需要把對方當“人”看**
 - **Labeled as a “parent” or a “teen” “父母”與“青少年”的標籤**
 - **Parents:** Over-controlling, jury/judge/jailer, makes life miserable for their teen. *“I need you to call me to let me know you’re okay.”*
 - **Teens:** Self-centered, impulsive, rude attitude. *“If I know that I’m okay, why should I have to call you?”*

Teenager 101 了解你的青少年

- **What they do:** Disagree with parents’ opinion, speak their mind more, not very polite, want more freedom and independence
- **How they feel:** Still love and respect parents, feel parents work hard and take care of them, have good set values

Parental Grief 父母哀悼孩子長大了

- You may be grieving the old days when you were their superhero.
- Teens argue when they may be just reacting to some rule they think is dumb or unfair. Don’t take their words too personally.
- Parents’ reaction to grief 父母的反應
 - **Anger / Controlling 憤怒/控制:** punishment, policies, spying, very few privileges → teen gets angry → parent gets angrier → vicious cycle
 - **Cold / Whatever Attitude 冷戰/放任:** quit parenting, not a good idea, teens still need parents to set boundaries and keep them from self-destructing
 - **Back-and-forth parenting 反覆不定:** one week control, next week whatever, trying different ways to get the “little child” back

Tips and Considerations 溫馨小叮嚀

1. Understand the teenage brain isn’t fully developed 了解青少年頭腦還未完全發展好
2. Don’t talk when you are angry or tired 避免生氣或疲累時溝通
3. They want you to listen more and talk less, don’t need to solve all their problems 少說多聽，不用解決他們所有的問題
4. Self-reflect, apologize often, okay to make mistakes 常常反省，常常道歉，不怕犯錯
5. Take them out to boba or other treats often 常跟你的青少年約會，趁機聊天
6. Accept what they like, get to know their friends 愛屋及烏
7. Present a united front with your spouse 夫妻同心
8. Love is patience! 愛是恆久忍耐
9. Pray for you teenager, they belong to God 為孩子禱告，把他的未來交給神
10. Know that this too shall pass--they will like you again...when they’re 18 痛苦會過去的，珍惜美好時光，他們18歲時又會欣賞你的
11. Be part of a cell group or support group 參加小組，有其他青少年父母共同打氣，安慰
12. Be willing to learn and grow with your teenager-Sunday school, read books, parenting class 繼續成長-參加主日學，書籍，親子課程

Effective Communication Strategies 與青少年有效溝通的方法

1. Acknowledge Your Teen's Feelings 了解青少年的感覺

Instead of dismissing your teen's feelings, using logic, and giving advice

不要否定感覺，用邏輯說教，馬上給意見，而是

- Identify thoughts and feelings 了解想法，感覺 (Sounds as if... You want to...)
- Acknowledge feelings with a word or sound 少說，多聽，適當回應 (Uhh...oh...)
- Give in fantasy what you can't give in reality 想像如果 (Wouldn't it be great if...)
- Accept feelings as you redirect behavior 同理心但堅持原則 (I hear...the problem is...)



Mom has good intentions. But by criticizing his behavior and telling him what to do, she makes it difficult for him to tell himself what to do.



Mom's minimal, empathetic response helps her son feel understood and focus on what he needs to do.



Mom ignores better judgment and takes the path of least resistance to avoid a battle.



Showing empathy for her son's predicament, mom makes it easier for him to accept her firm limits.

Other Examples of Acknowledging Feelings

“I don’t know if I want to go to college.”

“Sounds as if you’re having some real doubts about it.”

“You’re wondering if college is right for you.”

“Know what would be cool? If you could look into a crystal ball and see what your life would be like if you didn’t go to college ... or if you did.”

我不一定要上大學

“Why do I always have to be the one to take out the garbage?”

“Boy, I hear how much you resent it.”

“It’s not your favorite activity. Tomorrow let’s talk about rotating chores. Right now I need your help.”

“Wouldn’t it be great if the garbage would take itself out?”

為什麼總是我在倒垃圾

“I don’t care if I’ve got a fever. No way am I missing that concert!”

“What rotten luck to be sick—on today of all days! You’ve been looking forward to that concert for weeks.”

“I know. You had your heart set on going. The problem is, with a fever of 101, you belong in bed.”

“Even though you know there will be plenty of other concerts, you sure wish you didn’t have to miss this one.”

我就算發燒也要參加演唱會

2. How To Engage a Teen’s Cooperation 如何讓青少年順從父母

Instead of ordering, blaming, accusing, name-calling, threats, lecturing, warnings, martyrdom, comparisons, sarcasm, prophesy, you can...

不要命令，責怪，指控，毀謗，威脅，說教，警告，苦肉計，比較，諷刺，預言孩子失敗，而是

- Describe the problem 冷靜描述問題 (I can’t think when the music is so loud...)
- Describe how you feel 形容你的感覺 (It hurts my ears...)
- Give information 告知有用資訊 (Frequent exposure to loud sounds can damage a person’s hearing...)
- Offer a choice 提供選擇 (Would you rather turn the volume way down or lower it and close your door?)
- Say it in a word 用簡單幾個字表達-不要太囉嗦 (The volume!)
- State your expectations 說明你的期望 (We need to be aware of other people’s tolerance level for noise)
- Do the unexpected 其他創意的表達法 (Put hand over ears, make motion of turning music down, and bow in gesture of gratitude)
- Put it in writing 用寫的，留紙條 (Please turn down the volume. Thanks!)



When we are angry, we sometimes lash out with words that attack or demean. The result is teens withdraw or counterattack.



When we describe what we feel, teens hear us and respond helpfully.



Teenagers tend to tune out long lectures



A short reminder or a note focuses their attention and encourages cooperation





Connections: The Foundation to Good Communication 良好關係是良好溝通的基礎

- Strong connections make families happy and successful
- Our teenagers need and want connections with parents. Parents benefit from learning how to **effectively** communicate with teens. This is a learned skill. Don't give up!
- Ideas on building connections 建立積極的家庭關係 (From Cliff and Jennifer's Session 2)
 - Quality Time: Family meals 家庭聚餐, outings 家庭出遊, one-on-one time 一對一的時間
 - Events: Family Altar/Worship/Devotion 家庭祭壇, celebrate your child's accomplishments 慶祝孩子的成就, family traditions 家庭傳統
 - Discipline: Household responsibilities 家庭責任, agreed-on rules 家庭規則, family meetings 家庭會議

Sources: *Yes, Your Parents Are Crazy: A Teen Survival Guide* by Michael J. Bradley, Ed.D
How to Talk So Teens Will Listen and Listen So Teens Will Talk by Adele Faber and Elaine Mazlish
How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine Mazlish
 怎麼說, 孩子會聽 vs. 如何聽, 孩子願意說 by Adele Faber and Elaine Mazlish