

## THOUGHTS THAT CLOUD YOUR ABILITY TO PARENT

Thoughts are subtle and powerful. The negative one's hit below the belt and can cause us to lose perspective and become reactive. Below are common thoughts for the teenage years. You can disarm the thoughts by recognizing them and reminding yourself they are untrue.

- *My teen avoids me because he/she doesn't love me.*
- *My teen avoids me because I am a lousy parent.*
- *If my teen doesn't want to be around me others must not either.*
- *My teen would do what I ask if he/she really cared.*
- *They wouldn't question what I said if they respected me.*
- *Everything my teen does reflects the type of parent I am.*
- *They would think of my needs if they loved me.*
- *Every other parent seems to have obedient teens.*
- *My way is the only solution for the present problem.*
- *My teen could never come up with a better solution.*
- *If my teen could come up with a better solution that means I'm stupid or inadequate.*
- *I'm the parent therefore I should not have to make any compromises.*
- *I have to work so hard that they should have to work hard too.*
- *I must have better answers than them.*
- *Rules are rules.*
- *I have to win every battle to keep control of the situation and keep my teen's respect.*
- *When my teen disagrees he/she is questioning my authority and this is disrespectful.*
- *My teen intentionally gets me upset.*
- *My teen will stay this self centered and messy for the rest of her/his life.*

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