

NEW E-BOOK!



HOW TO TRAIN YOUR PARENTS

An ebook for frustrated teens



Sara and Aliza bring you another Dramatic Change™ product, this one a handbook to help teenagers teach their parents how to communicate better. Teenagers often feel unheard and misunderstood by their parents. We want to change that.



We can offer teens some simple tools that can open up a more compassionate dialog with parents and find a path to understanding, trust, empathy and mutual respect. If you are a teenager and want help training your parents, read on. If you like this book, get one for mom and dad!

So let's say it's summer vacation, and you're in your room minding your own business, not making any noise, not demanding anything from anyone, just enjoying five or six solitary hours of downtime on your computer. Wham! In comes your mother. Here is what follows:

Mom: Do you really think it's appropriate to spend six hours staring at that screen? Do you have nothing better to do? Have you finished your summer math project? Do you see all the work that needs to be done around here? I've been up since 6am doing laundry! I swear, you have such a sense of entitlement! You feel totally free to sit here and do nothing while I take care of your every need! You know, I am really tired of your disrespect. Is this how you're planning to live your life???



You: uh, mom? I didn't ask you to do my laundry. I can do my own laundry.

Mom: And I'll add ungrateful to the list. Is this really who you want to be?? I can't believe you haven't learned basic respect. Have I failed you as a mother? Have I taught you nothing???

Anyway, you get the point. If your conversations go something like this, your parents really need some help. So let's get started.



Now, it's important to start with the most basic assumption that you can't change anyone else, you can only change yourself.

If that's not clear, we'll say it again:



You can't change anyone else, you can only change yourself.

Got that?? Ok. Moving forward.



The next step is to understand that...

When we change our own behavior, others around us will shift in response.

That's a bit of social behavior theory, and it plays out in families really nicely. For example, let's say that every day for 10 years a mom nags the kids to clean up the breakfast dishes. They never do it on their own, and they don't respond until the third nag. She often ends up shouting. What can she do?

One day, instead of nagging or begging or whining, she says, “kids, when you leave your dishes for me I feel disrespected.” And she leaves the room.

The kids hear the feeling in place of the nag, and they respond differently. The mom didn't change the kids, she changed herself, and that resulted in a change in the kids. Now, this example may not work like magic the first time, but...

With consistent practice and reinforcement it will cause a shift.

So let's get back to our scenario.

Mom comes into your room and begins to rant:

“Do you really think it's appropriate to spend six hours staring at that screen? Do you have nothing better to do?”



You choose how you respond.



Choice number one:

“Seriously? Do you really expect me to spend my vacation/day off doing laundry? Not gonna happen. It’s not MY fault you’re obsessed with laundry!

Mom responds:

Mom: How can you be so self-centered? YOU ARE JUST LIKE YOUR FATHER! (she stomps out of the room and slams the door. You are left alone with your annoyed, angry, defensive thoughts, then back to your game.)

Choice number two:

You have the power! You have so much more power to change things than you know!

Dramatic Change™ Presents:

S.L.A.P.

Stop Listen Ask Practice

STOP!

Instead of getting annoyed, defensive and then angry, you:

STOP!

Do not respond! Let her talk, no matter what. Allow her to say what's on her mind until she's done.

Listen!

Try to hear the feelings that are beneath the words. Reflect some of these feelings back:

“Wow, mom. You sound so frustrated! You must be exhausted from dealing with all of us and our stuff and our needs.”

Ask!

ASK a leading question that might help her feel more understood:

Is there anything else on your mind? What other things are hard for you about summer vacation?

Practice!

PRACTICE these new techniques!

It's not easy to change our behavior. It takes practice. It takes perspective, and it takes persistence. Try something different every day, just once. See how your parents are capable of change!

Welcome to Dramatic Change's™ original S.L.A.P.™ method. Try it out! If you would like to learn more about S.L.A.P.™ or Dramatic Change™, please check out our e-learning modules, join our user forum or book us for a workshop in your city. We look forward to hearing from you!



Dramatic Change™: Delivering conflict solutions
for everyone.



Dramatic Change™ delivers tools for solving conflicts at home, in social relationships and in the workplace. Our original methods combine Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Non-Violent Communication and other concepts. We use psychodrama in our live workshops to help people practice our different techniques through role-playing. We believe that all people, including your stupid parents, are capable of change. We know, because we are stupid parents, too.



Visit our website!

www.dramaticchangeseminars.com

