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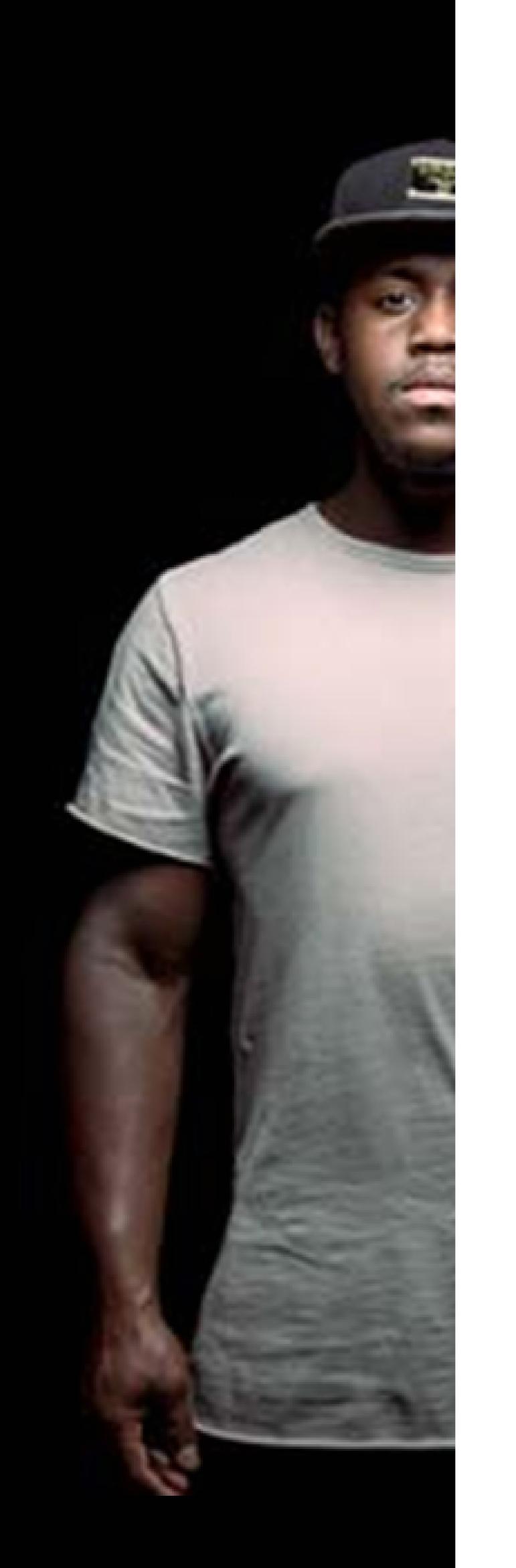
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This can bring about frustration and confusion that can lead to anger and a pattern of reactive behavior for both parents and teens. That is, teens are simply negatively reacting to their parent's behaviors, and parents react back in an equally negative manner. This sets up a self-reinforcing pattern of interaction. Unless we work to change our own behavior, we cannot help another change theirs. We need to respond rather than react to each other and to situations. The intention is not to deny the anger, but to control that emotion and find a way to express it in a productive or at least, a less harmful, manner •





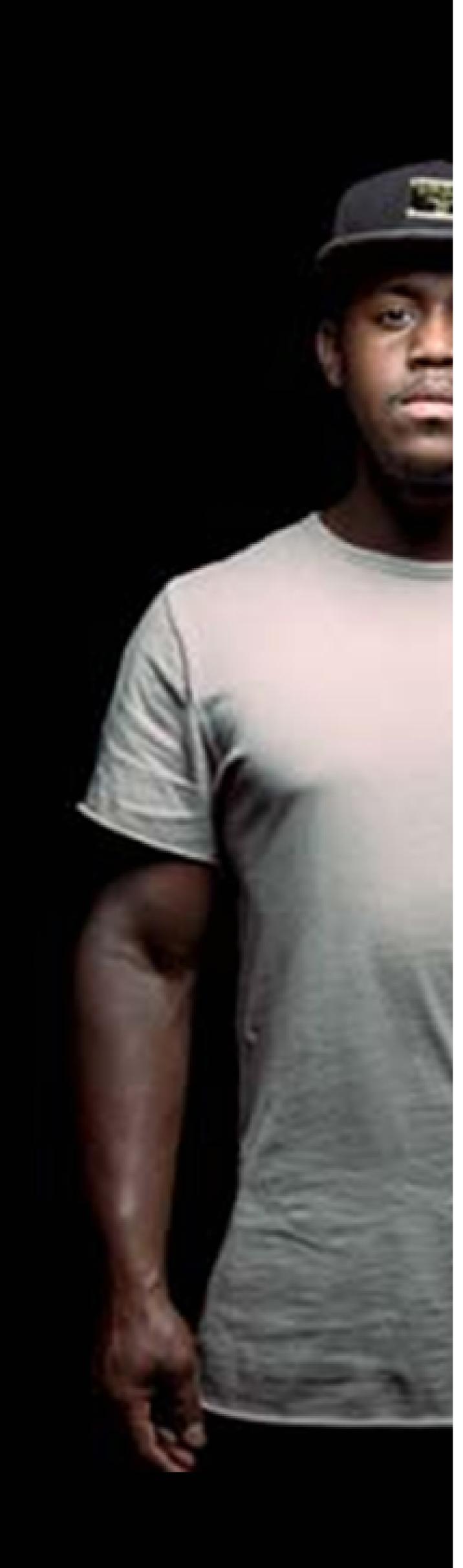
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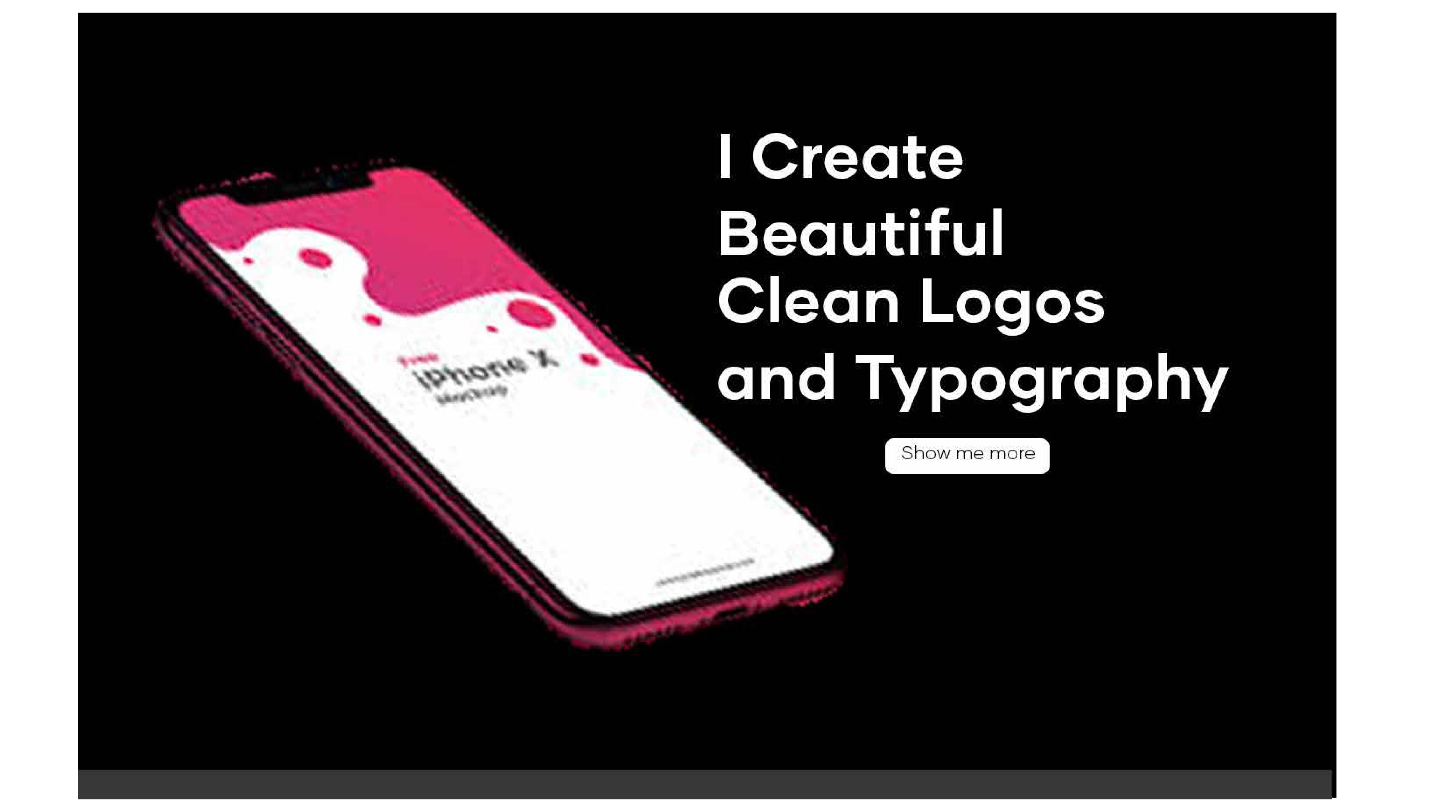
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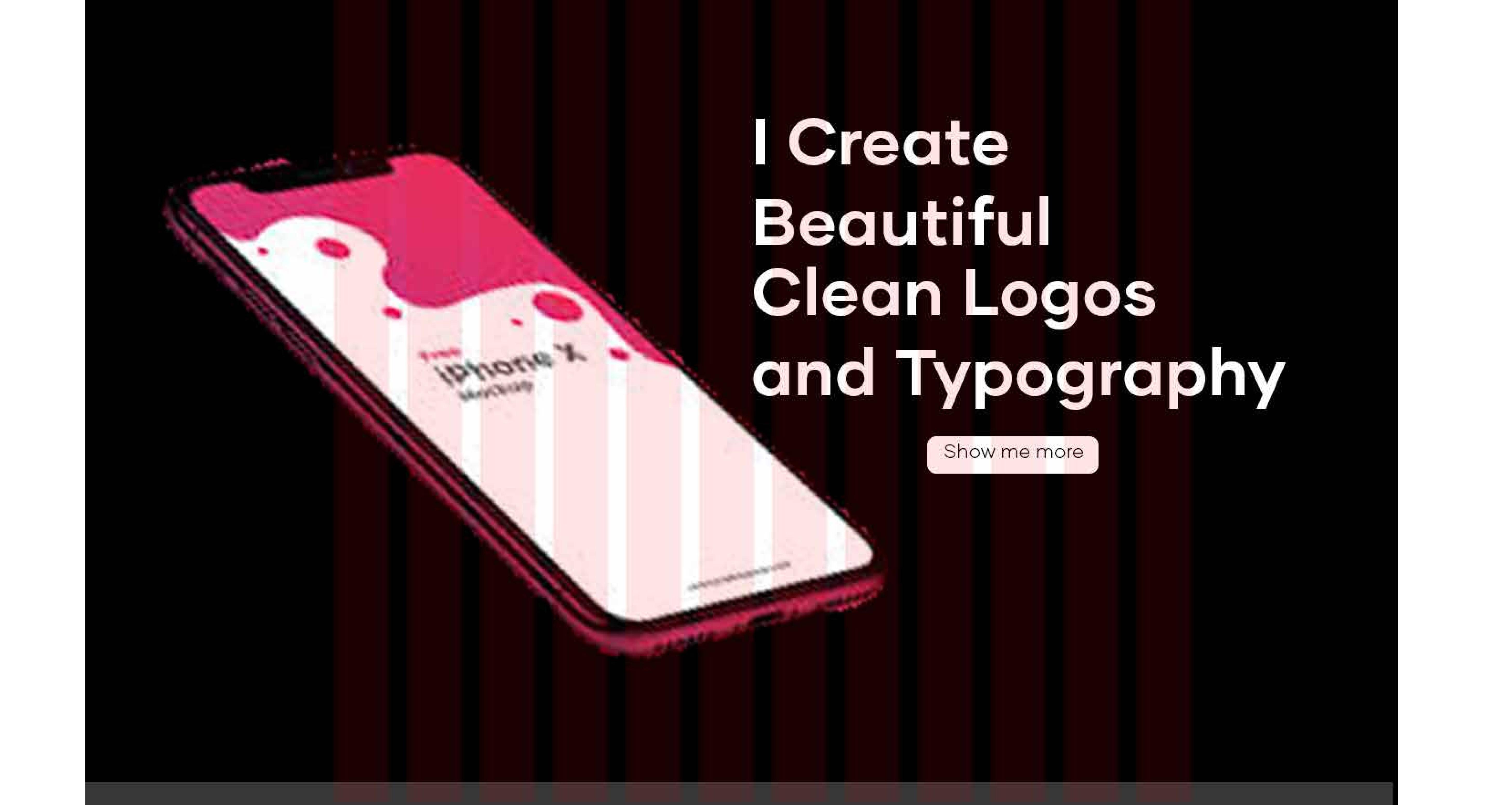
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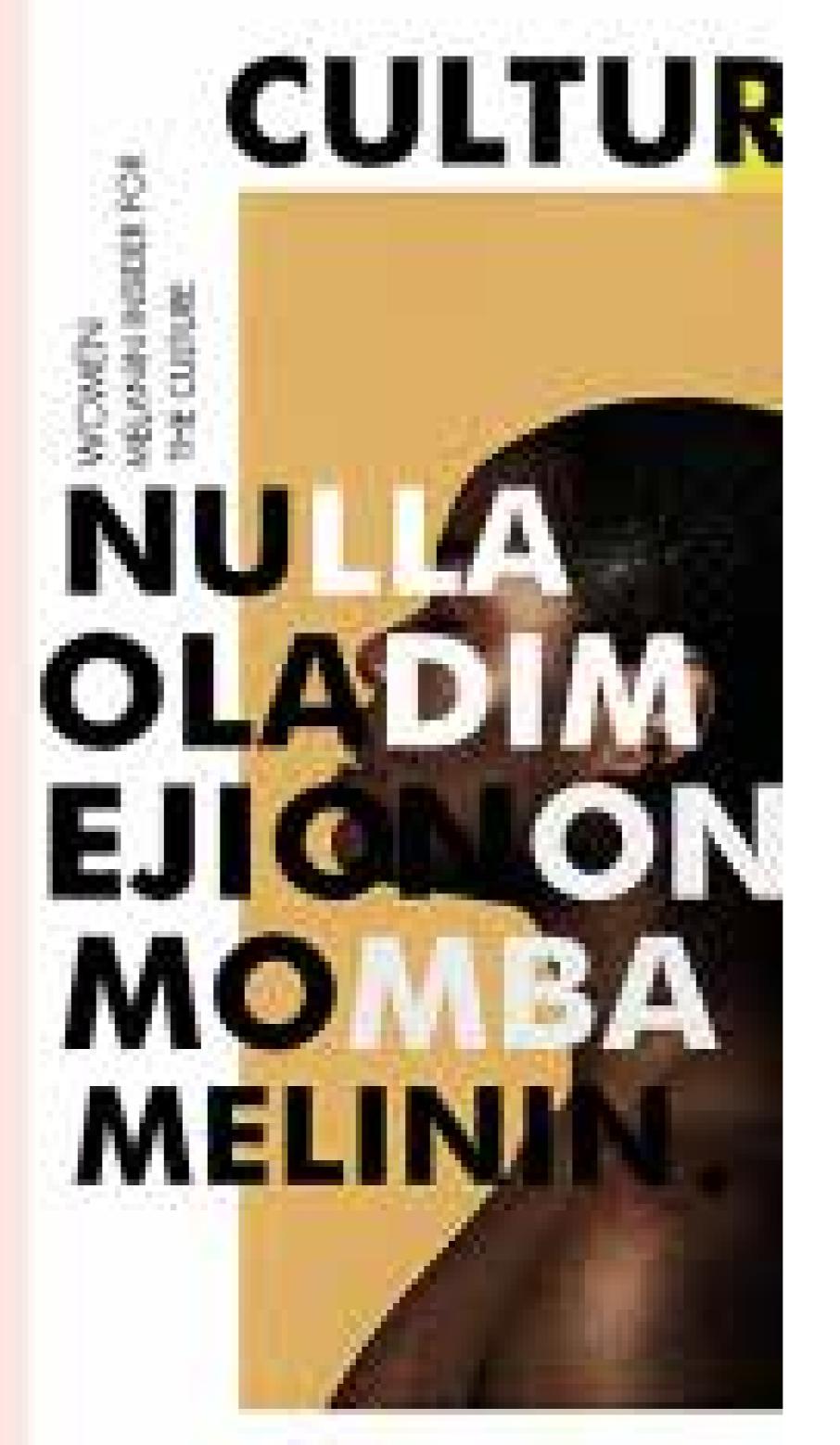


















OTSCAR



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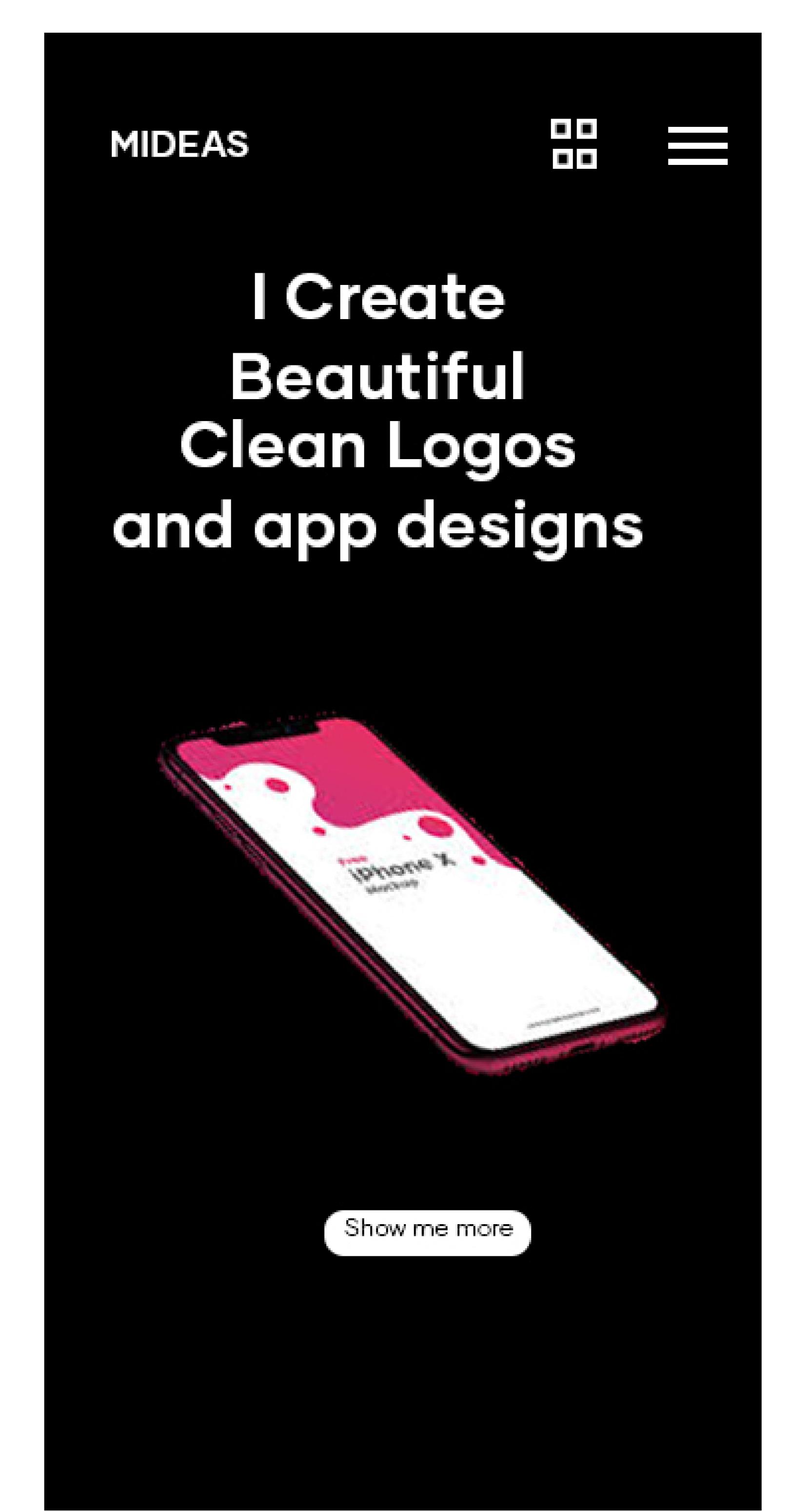
My name is Michael and I am an app and graphic deisgner. 23 years old and design actually was not something I ever did I was just creative and full of ideas but didn't see a way to sharing them in some art forn. Growing up I was all about sports football, soccer, and basketball played all and pretty good those, but thats where I was introduced to deisgn. It was weird most designers are usually artist at first or painters eta sports was the last place I would think to find a love for deisgn. More importantly it was a way to help people and that was important to me than anything just being of service to others with my creativity, thats what I bring to everyone I work with, a helpful service that brings your ideas to life, parent's behaviors, and parents react back in an equally negative manner. This sets up a self-reinforcing pattern of interaction. Unless we work to change our own behavior, we cannot help another change theirs. We need to respond rather than react

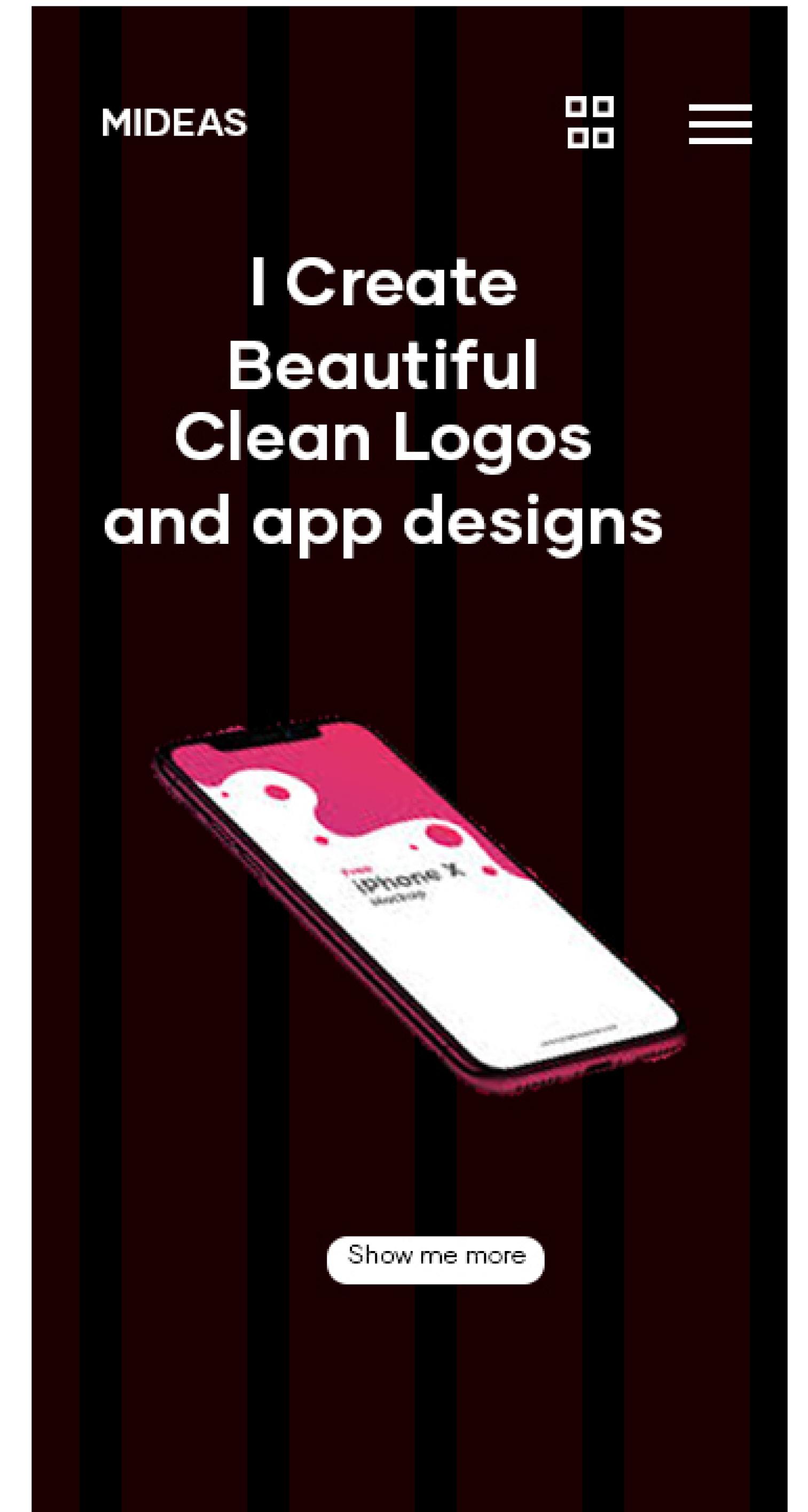


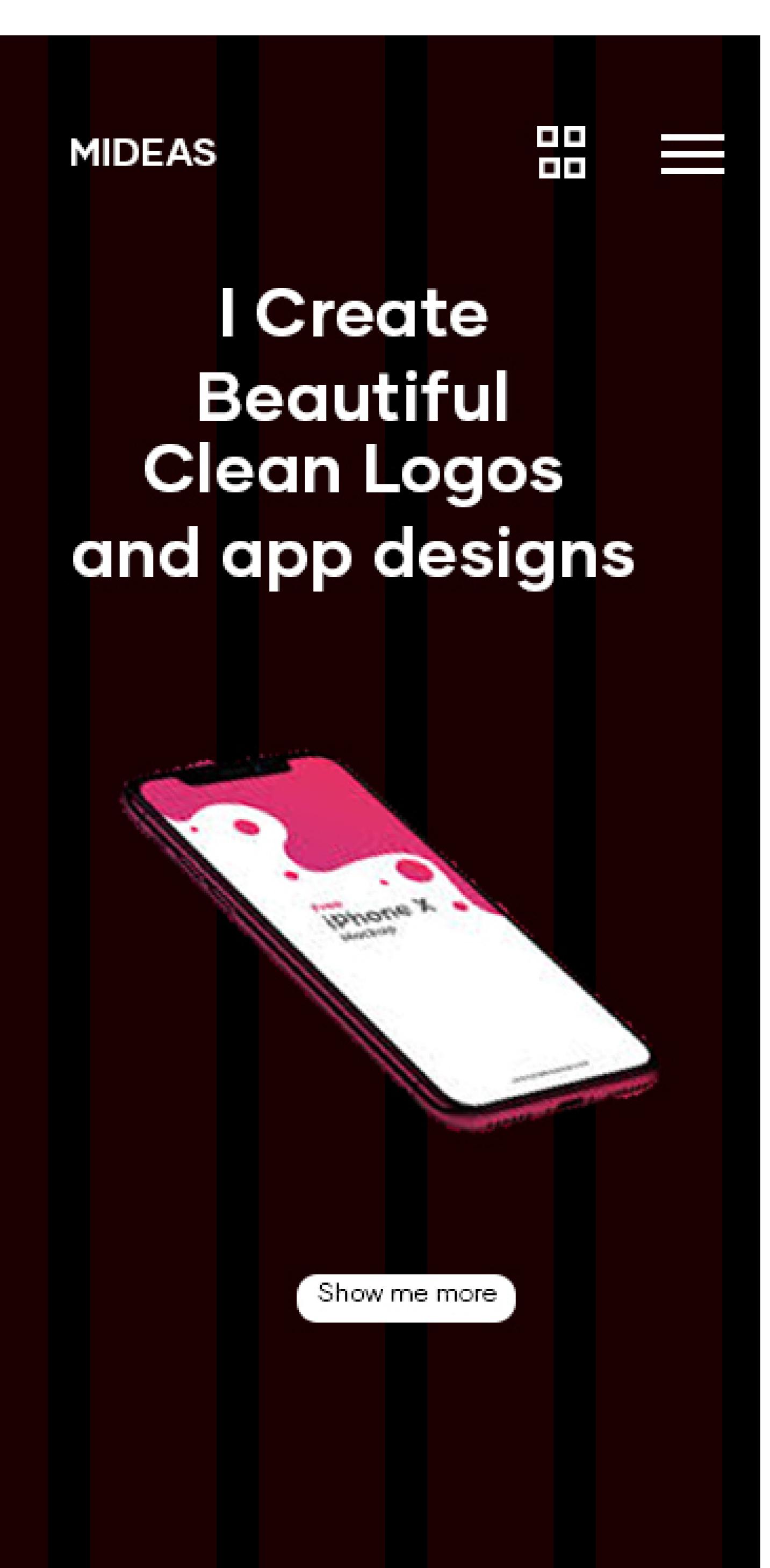


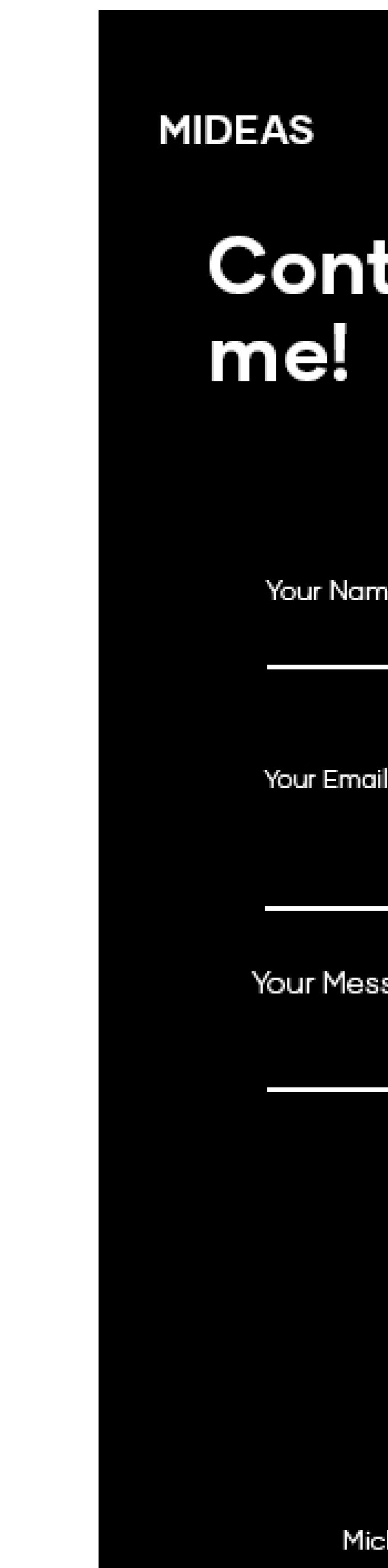
### OTSCAR My name is Michael and I am an app and graphia deisgner. 23 years old and design actually was not somwthing I ever did I was just creative and full of ideas but didn't see a way to sharing them in some art forn. Growing up i was all about sports football , soccer , and basketball played all and pretty good those , but thats where I was introduced to delsgn. It was welld most designers are usually artist at first or painters etc. sports was the last place I would think to find a love for deisgn. More importantly it was a way to help people and that was important to me than anything just being of service to others with my creativity, thats what I bring to everyone I work with, a helpful service that brings your ideas to life, parent's behaviors, and parents react back in an equally negative manner. This sets up a self-reinforcing pattern of interaction. Unless we work to change our own behavior, we

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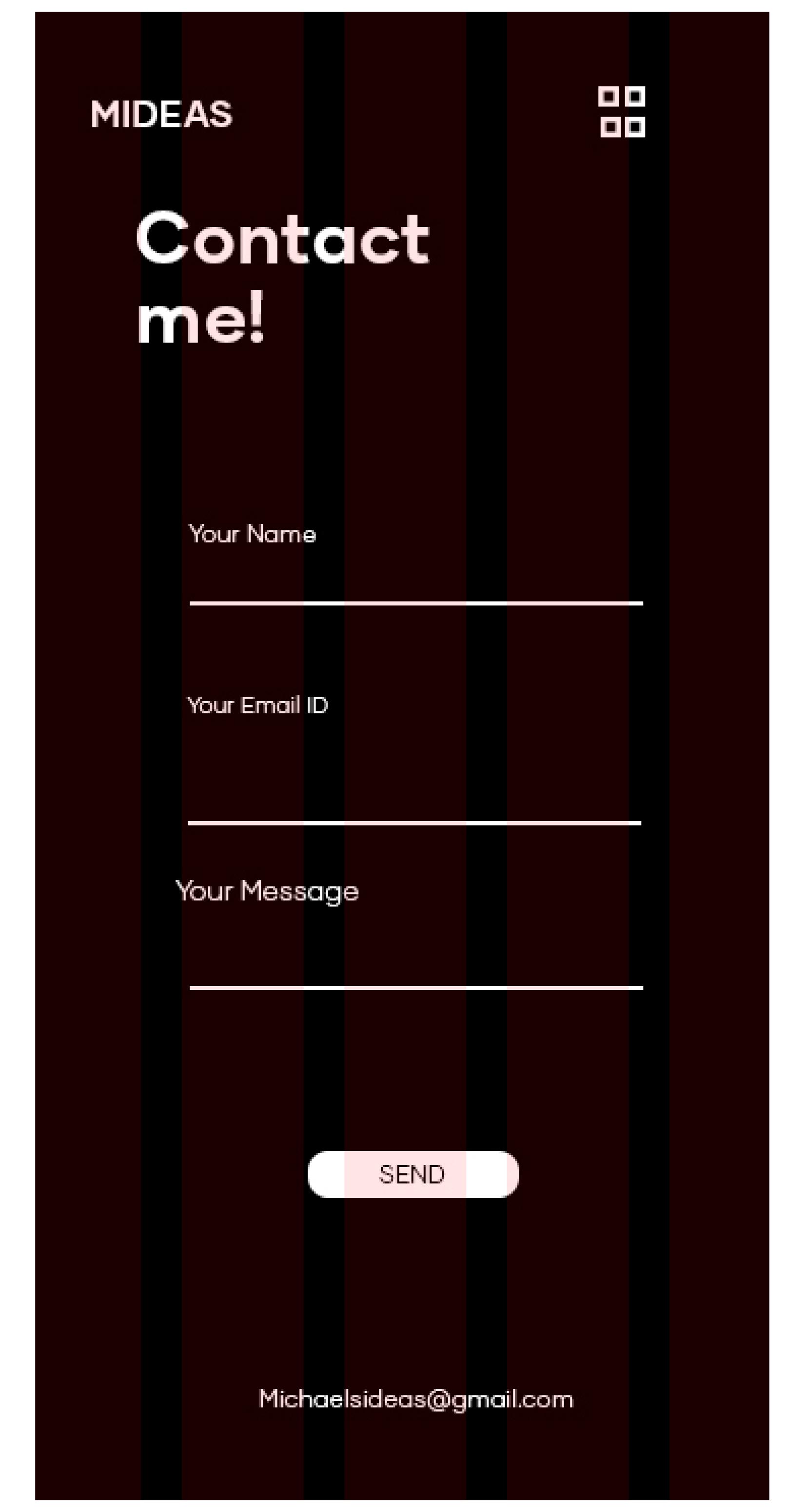




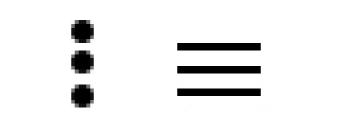




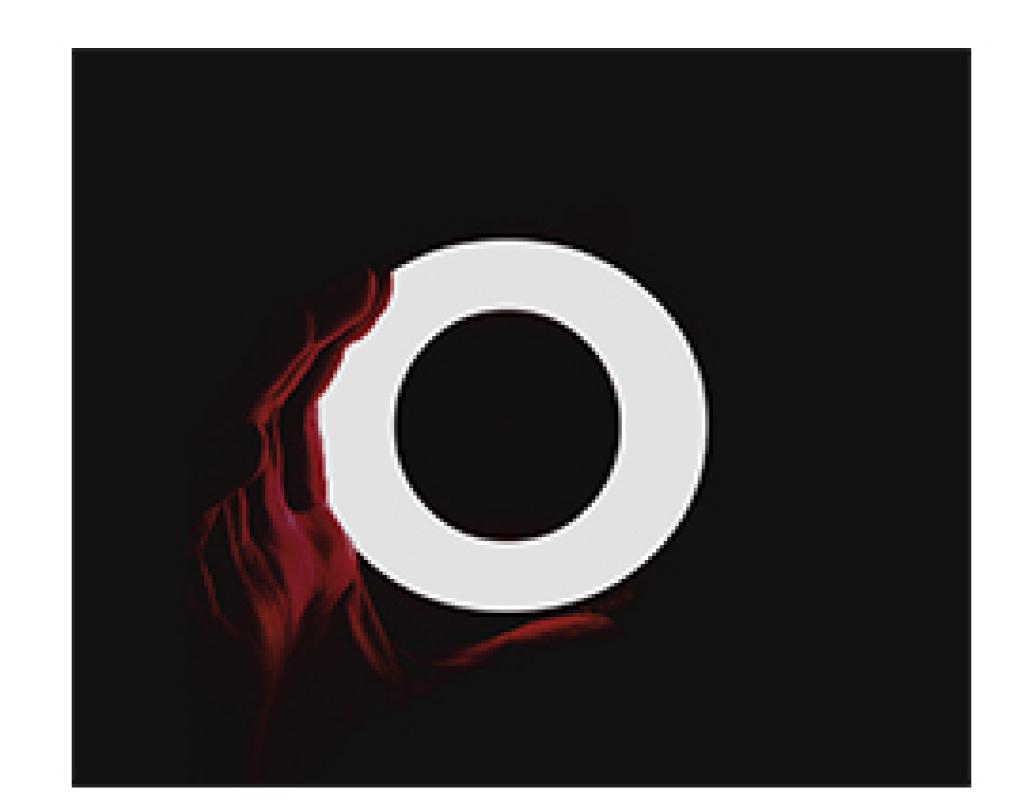
Contact me!	
Your Name	
Your Email ID	
Your Message	
SEND	
Michaelsideas@gma	il.com



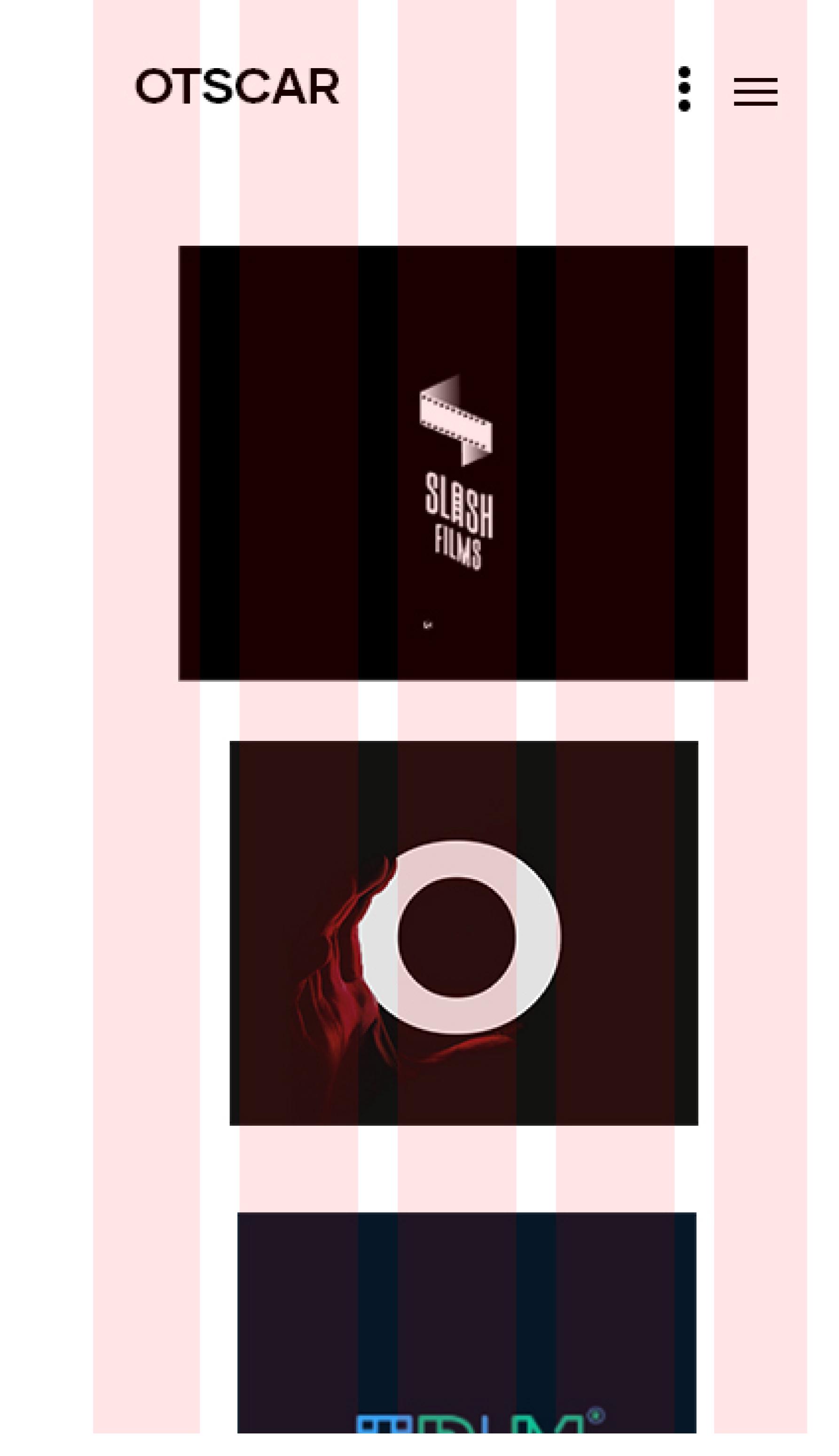
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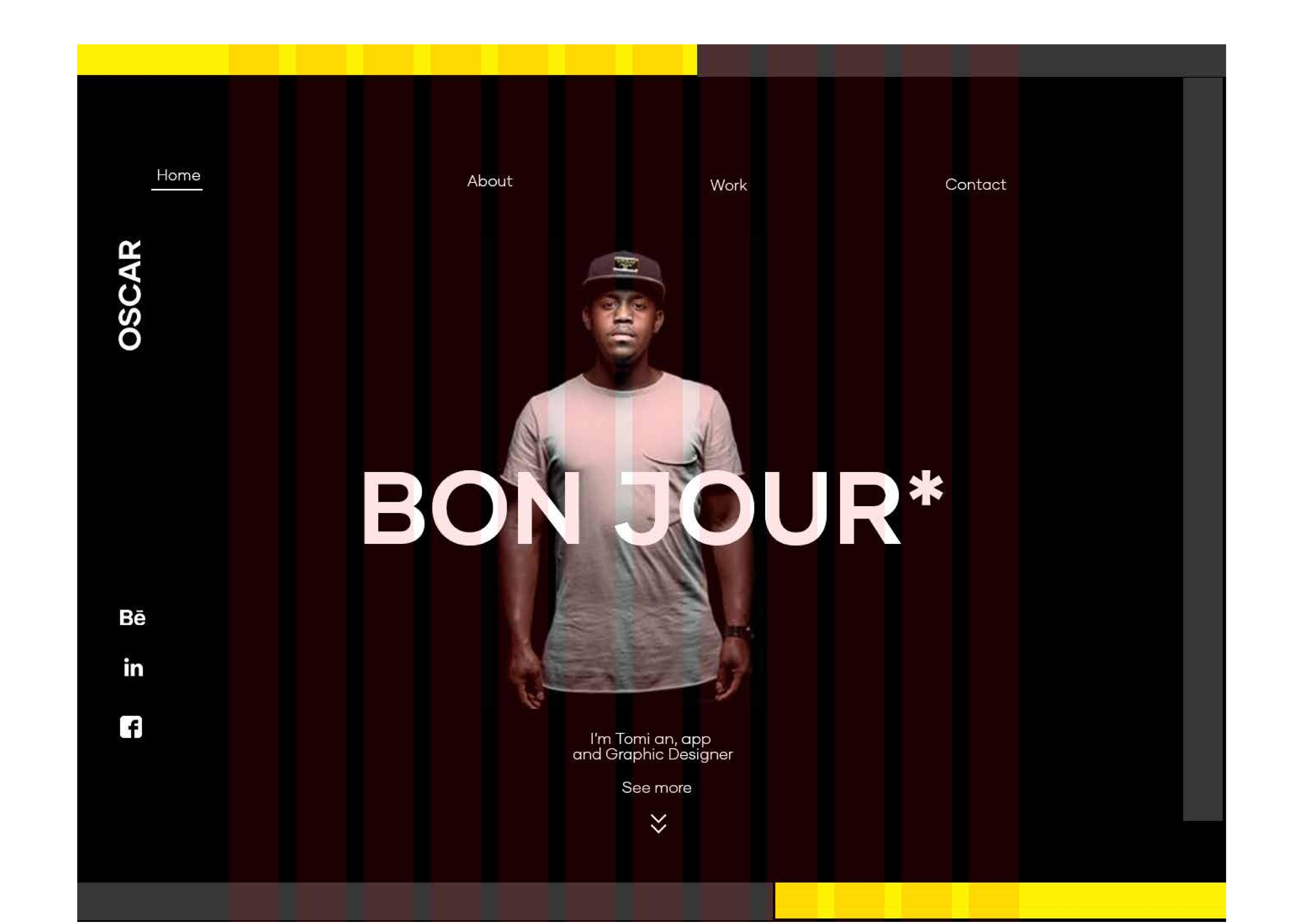








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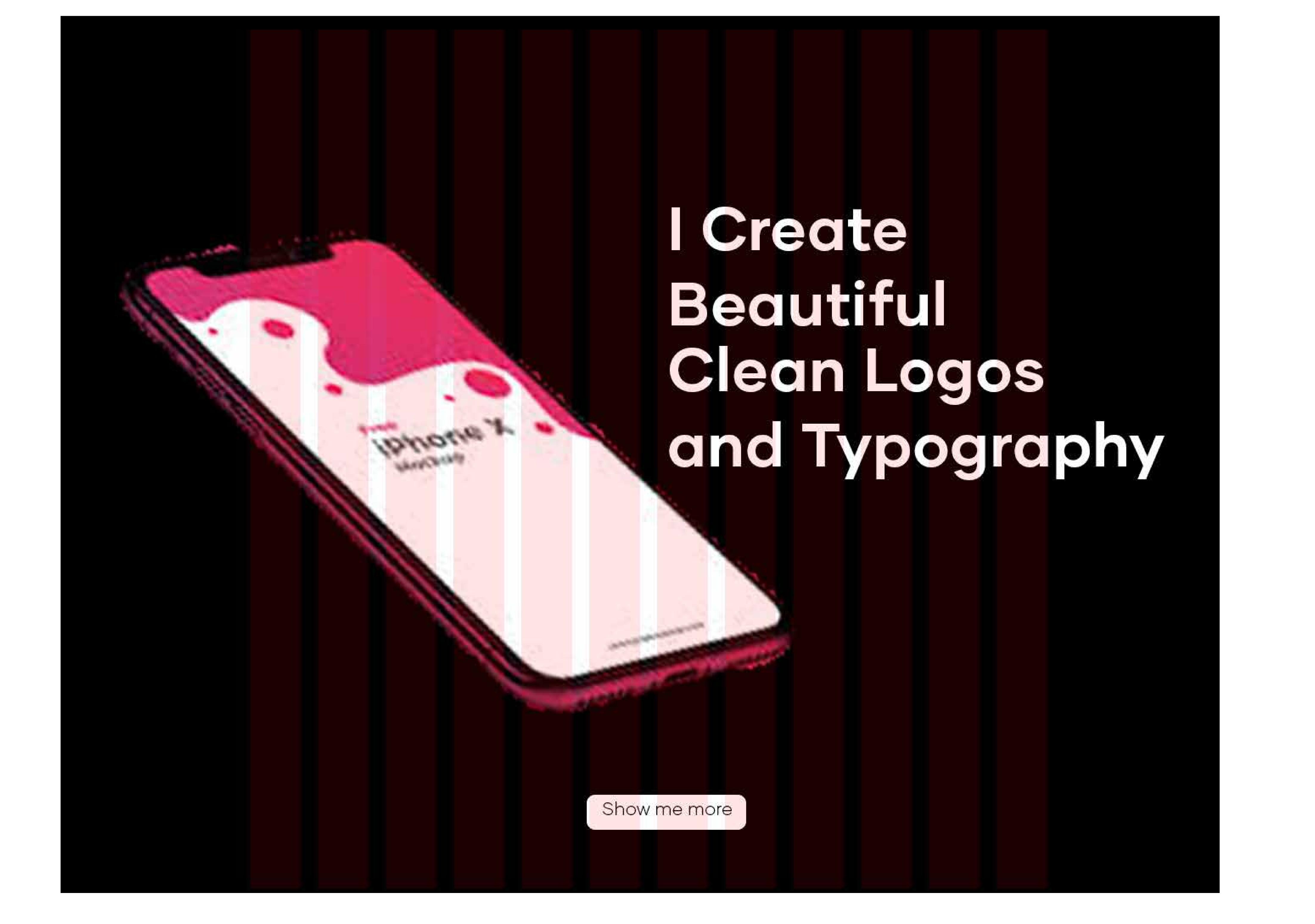
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## Style Guide

