



Stop Struggling With Your Teen

2.0



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Video 3

"Soup Labels! Are You Kidding Me?"

GUIDELINES

1. The Fast Solution is "Change negative labels" — such as **argumentative**, **impatient** or **stubborn** — into positive labels when you are talking *about* your teen or *to* your teen.
2. Think differently: Adapt a new attitude that doesn't rely on your teen changing.
3. The secret is you're looking at your teen's *present* behavior differently instead of waiting for them to change... which could take a long, long time.
4. Many parents ignore the power of encouragement. Why? When parents feel out of control, their only focus is to regain control over their teen.

EXAMPLE:

Change Negative Labels into Positive Labels.

Translate	Translate	Translate
Argumentative	Impatient	Stubborn
to	to	to
Stand up for himself	Lives life to the fullest; doesn't waste a moment.	Goal-oriented

EXAMPLE:

Years ago our foreign exchange student put on his application he was a non-smoker. Not so! One night before we were all going out, he kept on asking if we could stop for cigarette — each time using a different tactic. I wanted to say how stubborn he was but I decided to go a different route. "Don't let any one ever tell you're not goal-oriented. When you make up your mind to go for something, you don't give up. That trait will take you far." He absolutely beamed!



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EXAMPLES (continued)

EXAMPLE:

When I was a kid, my dad called me nose-y. Ouch! One day when I was in session, I realized that oh my goodness, I am nose-y — I do ask questions. In that moment I translated the label, *nose-y*, to *curious*. Immediately, I felt the shift in my mind and my body. Now I even can tell this story with a chuckle.

EXAMPLE:

A dear friend of mine, who had major surgery, was upset with another one of her friends who said she “com-plained” too much. My response was, “You were just venting-not complaining.” Next week, my friend said she had “vented” a lot in the past week... with a big smile on her face.

ACTION STEPS

1. It is your turn to translate negative labels into positive labels.

Translate old label of _____

to

New label _____

Translate old label of _____

to

New label _____

Translate old label of _____

to

New label _____