

Ride the Waves

Successfully Launch:
In Spite Of The Drama!



Eliminate the Drama & Elevate the Peace!

Parents of Teens & Tweens



Day #1 Observing the Current: Seeing!

As parents, the emotional tides are changing in our homes and we get to choose to notice, and respond appropriately to the changing tides.

What used to work for us as parents, no longer works.

Any surfer worth their salt observes the waves before they get into the water. The reading, assessing, and anticipating a wave is perhaps the hardest aspect of surfing, and parenting teens is a lot like surfing!

It takes practice and experience, courage and many failed attempts.

As you think about your parenting, I'd like for you to approach it as if you were beginner surfers. Learning, observing, & curious as to which waves to take and which ones to let go by in order not to miss the right wave. For a moment, forget everything you did when they were younger, and let's think outside the box so we avoid major "wipeouts" in parenting our teens.

Let's OBSERVE THE CURRENT!

What is the emotional current in your home like right now?

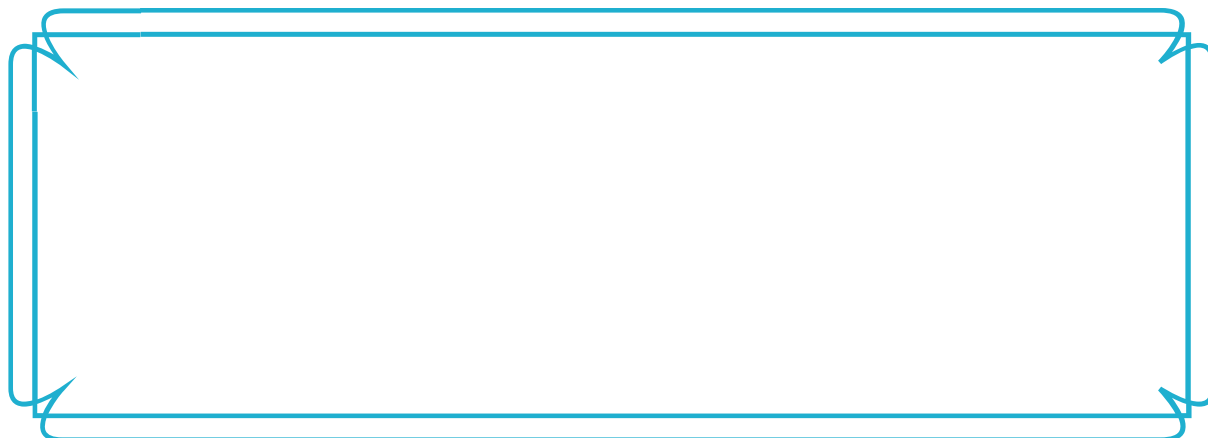


To be great at surfing, you need to identify the wave you plan to ride, and paddle hard toward it!

When the waves are fierce, we sometimes want to run away from them.

However, to catch them we need to paddle toward them!

What wave do you need to paddle hard towards right now?



**"The First Act of Love is the giving of attention"
D. Willard**

You give attention to our teens when you listen to them.

To listen effectively we must:

Be alert

Be attentive

Notice or observe someone

Respond appropriately to what was said

Be undistracted

Be present physically, mentally, spiritually, & emotionally

We put ourselves in the place of student vs. teacher

Students are curious; not know it all

What area of listening do you need to practice to see your
teenager for who they are?



“Listening builds trust, the foundation to all lasting relationships.” Brian Tracy

Things we should be listening for as we observe the waves:

H

Hopes & Dreams about how things can be better

E

Energies & passions: drainers & gainers

A

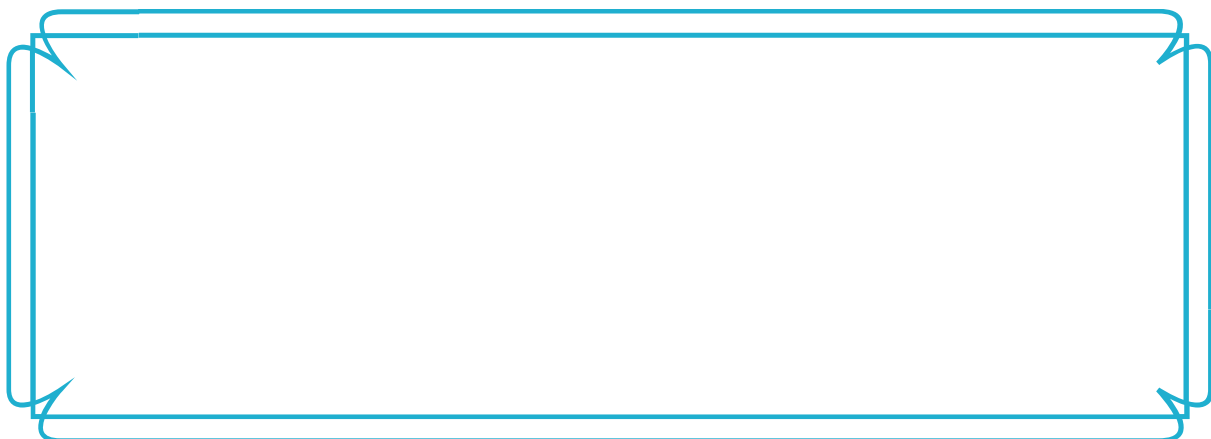
Attitudes & Abilities that impact how they see the world

R

Routines: Habits & ways of doing things that may need to be adjusted to succeed.

What patterns are you noticing in the waves?

What is new that you haven't seen before?



Take Notes

Be brilliant and take incredible notes to apply later!

Use the below space to take incredible notes!

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Day #2 Hearing the sound of the waves: Being Heard!

As parents, how you approach a tense conversation with your teen is affected by many factors.

Often you come to a conversation with your own fears, bias, perceptions, experiences, and thoughts.

These internal thoughts affect how you hear what they are really trying to communicate.

When you approach the conversation already knowing the answers, your teen will walk away without feeling heard.

Listening to hear:

Pay attention to body language and facials

(both yours & your teen's)

Look them in the eyes while they are speaking

Provide space for them to complete their thoughts without interruption

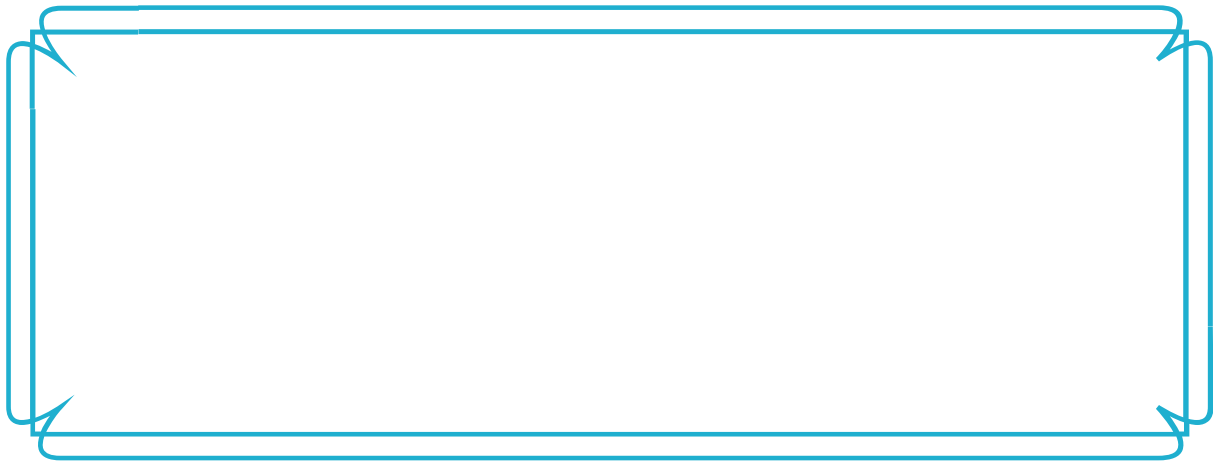
Resist the urge to jump in and fix, tell, or lecture

Give them total focus

Listen for concepts, words, & ideas

Listen with your senses, and your intuition (gut). Then keep quiet!

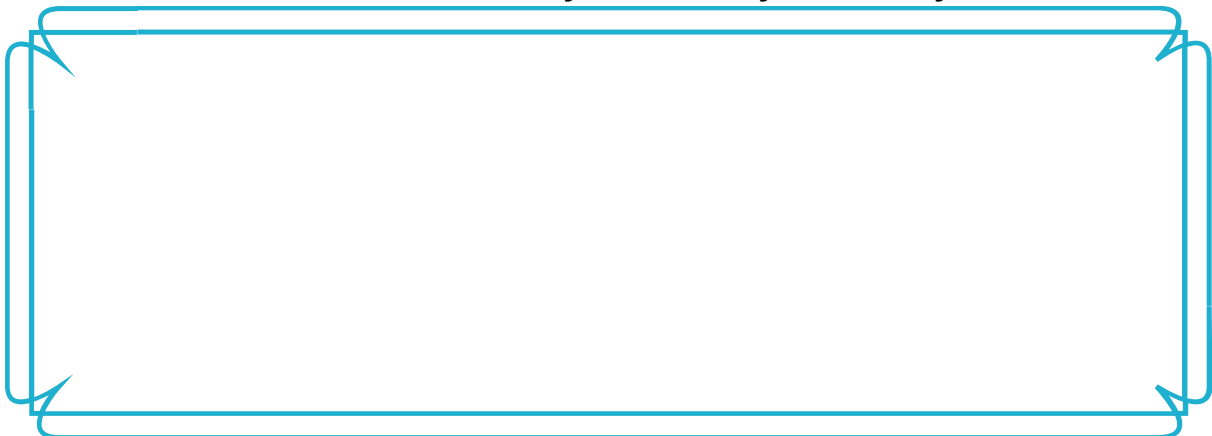
Which aspect of hearing will you focus on today?



"The real art of listening lies in caring, profoundly caring, about what you are being told and about the person who is telling their story. ... The art of listening is really the art of being human."

Kate Murphy

What fears interfere with your ability to hear your teen?

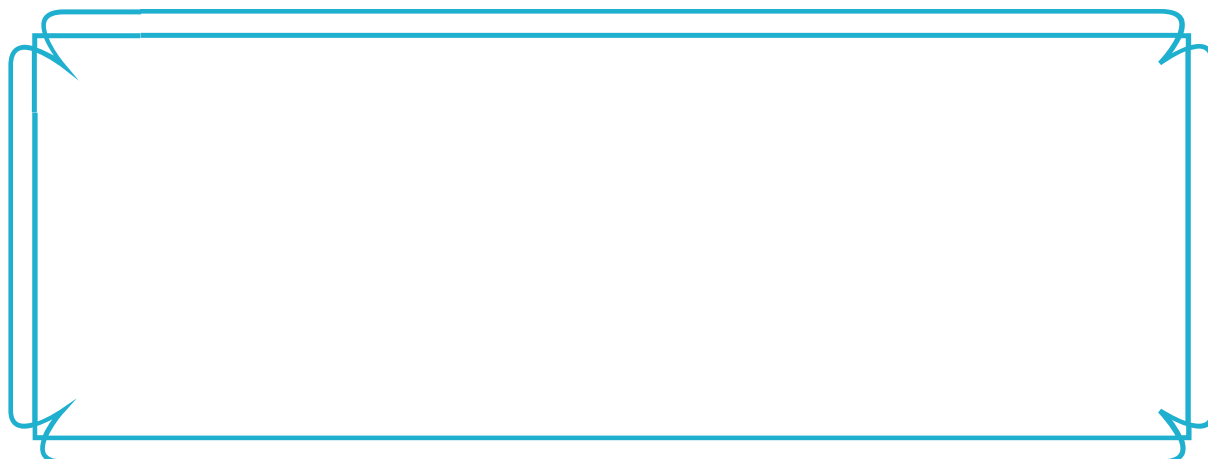


Managing your own emotions is key for connecting with your teen when they are communicating with you. Remember your teen is in a growth & development phase of individualization. Their brains are busy trying to find their own ideas and uniqueness. Their ideas may not be in line with yours.

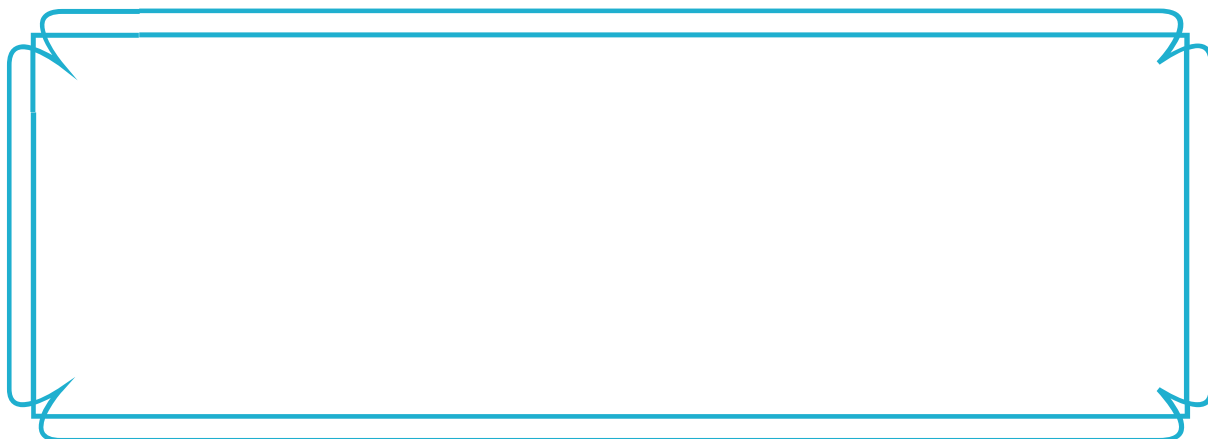
This is a time to observe what is going on for you internally. The words you choose and how you choose to speak them will determine the depth, intimacy, and influence that you will have in your teen's life.

"Be quick to listen, slow to speak, & slow to anger" James 1:19

When have you jumped to premature conclusions about something your teen has shared with you? What results did you notice?



What are the thoughts & ideas that feel like a threat to you?



Exercise for the Week:

Keep a tally of the number of times people give you advice, and the number of times that advice has been useful to you.

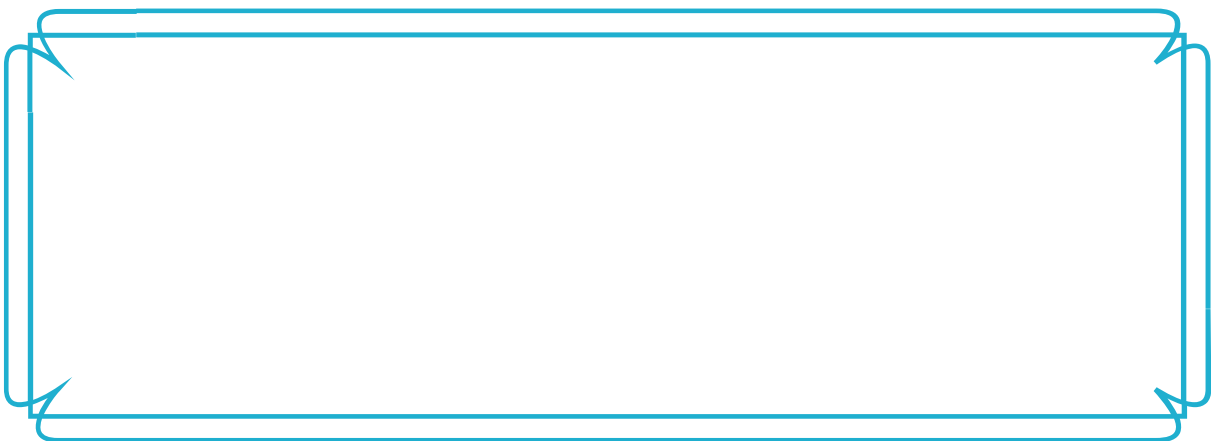
Examine how receptive you were to the advice and how many times you actually followed the advice.

I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you. Psalm 32:8

What are the implications of the exercise above?



When were you most likely to buy in to the advice that was given? When have you seen Jesus give "advice"?



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Day #3 What is happening under the surface of the waves?
Listening to Understand

As parents, many times we observe the external behaviors & attitudes and neglect the internal matters.

On the outside, we see disrespect, anger, annoyance.
What are the possibilities of the internal environment?
Fear, frustration, confusion, disappointment?

Your teen is experiences all kinds of emotions, feelings, and thoughts that they are not equipped to manage alone.

We need to provide the safe place for them to explore these emotions.

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As you begin listening to understand, you assume the position of a curious learner! In order to help your teen solve a problem, you need to have understanding of the real issue behind the story.

Begin by asking yourself: I wonder WHY this is so emotional for them? Are they currently hungry, angry, tired, or overwhelmed? Keep your observations to yourself. You are in the process of collecting data.

Secondly, as you hear their words, ask a question that starts with the words, What, When, Where, How, or Who. These questions are to be asked calmly as you explore where they are coming from. Refrain from asking the WHY question out loud: This triggers the brain to go into defensive mode and often feels accusatory.

Thirdly, be sure you do not insert your opinion, thoughts, or solutions into the conversation. The goal is to understand where they are coming from and help them make connections their brains to engage (that is one function of asking the questions in a calm, non-judgmental, and curious manner.)

Avoid rapid fire questions! The thinking part of the brain shuts down when it feels attacked, judged, overwhelmed, or threatened. Your goal as the parent is to engage their thinking and become a safe place for them to explore their ideas. When someone feels judged or attacked, they will either withdraw, or respond with anger. No learning or connection takes place when the brain is in this state.

You cannot capture their heart if you do not understand what is in it.

Tomorrow, we will talk about how to influence and get buy-in with your teen.

"An essential part of true listening is the discipline of bracketing, the temporary giving up or setting aside one's own prejudices, frames of reference & desires so as to experience as far as possible the speaker's world from the inside, to step inside his or her shoes."

M. Scott Peck (reminds me of Phillipians 2)

When we are listening to understand, we are practicing empathy and we are teaching empathy to our teens.

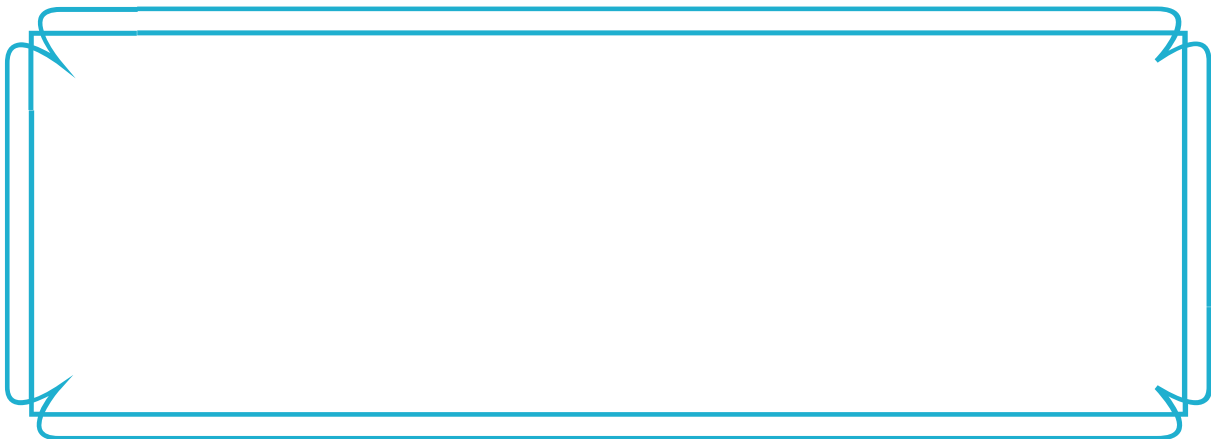
When have you felt most understood by someone?



Which area of understanding do you shine?

Which area needs some improvement?

How will you apply this today?



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Day #4 Riding the waves! Creating Commitment/Buy in

As parents, many times we observe the external behaviors & attitudes and neglect the internal matters.

One of the great needs for your teen is for them to contribute to something of significance to the world & to have their parents believe that they are capable of this contribution.

Having that belief can be difficult when they often don't cooperate with the basic chores around the house, but by valuing and respecting them you will demonstrate belief in them.

"It's never overreacting to ask for what you want and need."

— Amy Poehler

God created man and woman with different internal needs and desires. You understand these needs for yourself, but many times it's easy to forget that your teen is a mini-man or woman. Meeting needs is not just about physical needs, but emotional and spiritual needs as well.

The greatest need for a man is RESPECT/HONOR. (1 Peter 3:1)

You know it to be true practically. The thing that probably grates on your husband's nerves the most is the disrespect! I get it! But guess what? Our young men have the same button that gets triggered as their Dads! You need to remember that when you are talking with your teen young men. When they feel disrespected, they shut down and turn your voice off.

The greatest need for women is for SECURITY/SAFETY. (Ephesians 5:25) Your young lady feels most secure when she knows she is loved and that her needs for love will be met sacrificially. Think about this for a moment. Young women desire the prince to ride in and scoop them up. This is part of that security thing. Your daughter needs to receive this security & sensitivity from her parents as her first role models for marriage.

"If you treat a person as he is, he will stay as he is, but if you treat him as if he were what he ought to be and could be, he will become what he ought and could be."

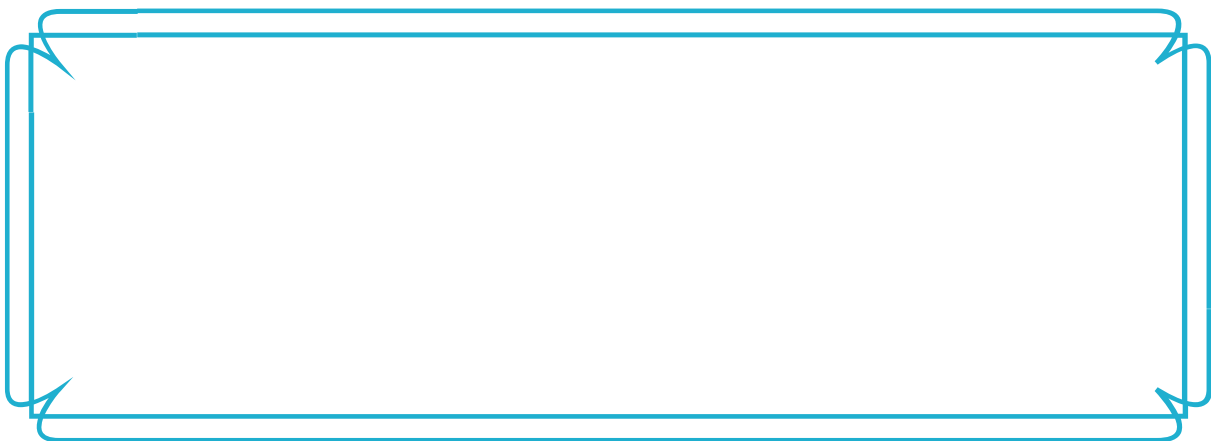
Johann Wolfgang Von Goethe (1749-1832)

Listening deeply to understand demonstrates empathy (1Peter 3:8, Romans 12:15, 1John 3:17) which leads to the action of compassion. It also demonstrates wisdom from above (James 3:17, Proverbs 18:2, 18:13 Proverbs 20:5), and meets people where they are at, like Jesus did (John 4:7-42, John 5:1-15)!

It also models gentleness & respect (1Peter 3:15)

The cool thing about all this is that this is how God created our brains to function most effectively! When we are riding the waves, we are partnering with the Holy Spirit to parent our teens and discover their deepest needs at the moment.

When have you experienced this to be true?



"The wise man doesn't give the right answers,
he poses the right questions."

Claude Levi-Strauss

How do we create buy-in or commitment with our teens?

Our brains are wired in such a way that information needs to make a connection in our brains unless in order for it to make sense and for us to apply what we have learned. Once a connection is made in our brains, the connection needs to be reinforced with encouragement and exploration (more about this later).

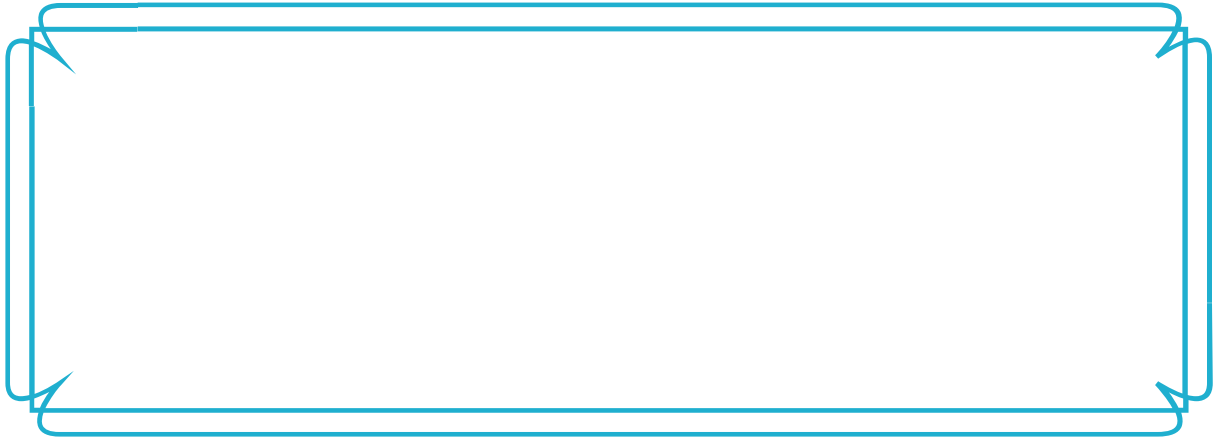
Listening deeply enables us to understand and ask the right questions so our teens can make their own connections in their brains! Connections to the heart that create change do not come from lectures, demanding or commanding.

In essence, we need to become our teen's coach and change the way we relate to them on a daily basis. This becomes challenging for us when our own big emotions get in the way.

Parents of teens are most effective when they take the role of the coach. It is in this posture that you will remain the main influencer in your teen's life.

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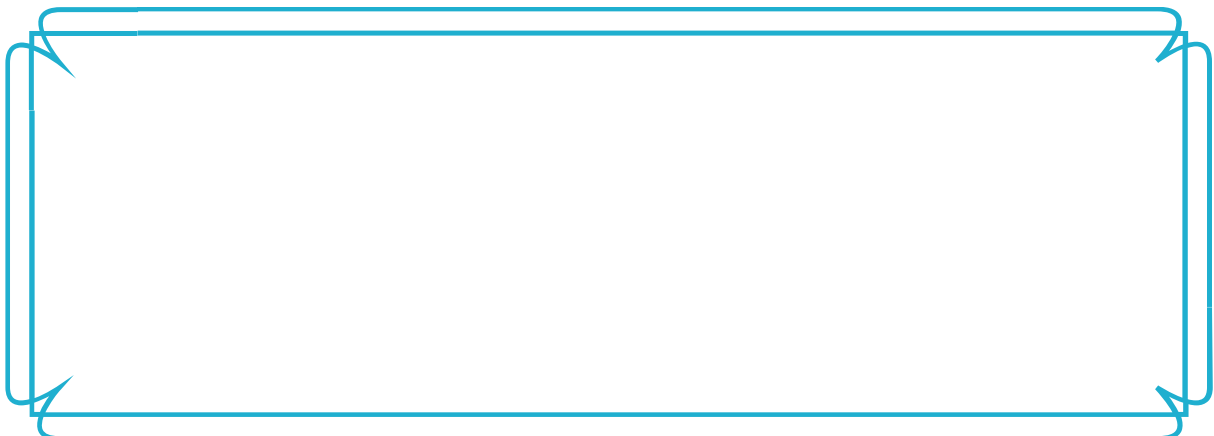
In light of what you've learned, what needs to change about your communication with your teen?



Remember a time that things went well with your teen. Can you identify which need you were meeting at the time?



What one action step do you commit to today?



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Day #5 Wipeouts will occur while surfing!

As parents, you try to catch the wave and abide in the Spirit as you parent.

After all, Jesus met each person He ministered to in the unique way that they needed Him.

If you've been a parent for any length of time, you know your teens are unique and each one is different!

In order to ride the waves well, we need to see, hear, and understand which wave to choose to ride and which one to let go by. This is the power of showing up for your teens!

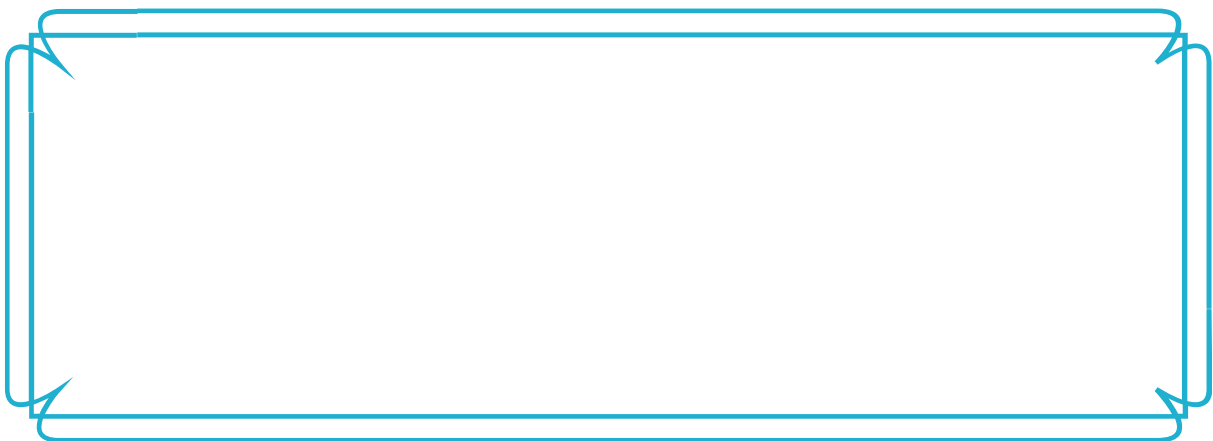
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A good surfer chooses the right board for them, they don't look at anyone else's surf board! They choose the surf board that is right for their specific waves!

Each family and each teen will choose different ways to parent their unique child. Resist the urge to compare. God has provided exactly what you need to catch the waves on YOUR OWN board! God has given you the gifts, talents and strengths for your teen. You can ride the waves with confidence without looking to and fro. Your only need is to keep your eyes and ears open for Jesus' riding instructions!

He will faithfully tell you which wave to tackle! When you wipe out, He will tell you to "pop back up"! If you don't pop back up and regain your balance after being knocked down by a wipe out, you cannot catch the next wave!

How do you handle the wipe outs?



"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.....Though one may be overpowered, two can defend themselves. A Cord of three strands is not quickly broken."

Ecclesiastes 4:9-12

Some fun facts:

Your teen is not intentionally trying to get you angry!

You cannot redirect your teen's behavior or thinking effectively without first connecting with them (showing empathy, compassion.....it's a brain science thing)!

You will fail because parenting teens is messy work. How you handle the wipeout matters more than the wipeout itself. It positions you to catch the next wave! Don't let go of your board!
(you can injure yourself or others)

Any good surfer knows that they should NEVER SURF
ALONE!

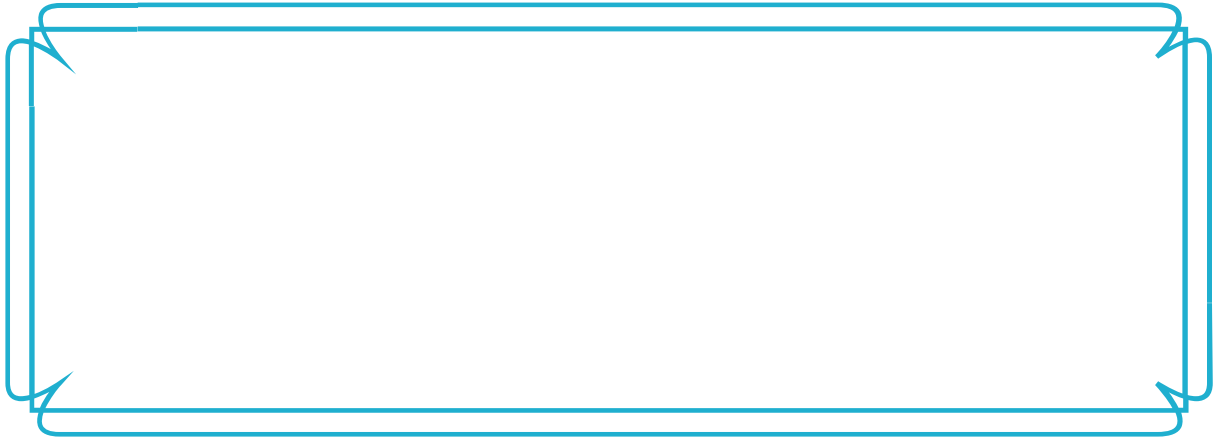
It's the same with parenting. Going it alone is hard and dangerous!

When you get crushed, "Duck dive" so you do get pushed backwards. (Lean in and pray)

Being one with the Source (Holy Spirit) guides you as you navigate the seas and the waves.

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How do you need to better prepare for wipeouts in your home?



Which things resonated with you most during this workshop?



What one action step will you commit to taking today?



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