

Rebellious Teen? A Quick Self-Check for Parents

(Print, Reflect, Reset – One Page That Helps)

✅ Step 1: Check In With Yourself First

Before reacting to your teen, ask:

- ☐ Am I calm right now, or running on stress or anger?
- ☐ Did I listen fully before jumping in with advice or correction?
- ☐ Am I reacting to this moment, or dragging in past frustrations?
- ☐ Is my response about control, or about connection?

💬 Step 2: How's the Communication Going?

- ☐ Have I been lecturing more than listening lately?
- ☐ Do I let my teen share their side first?
- ☐ Do I speak with respect, the same way I expect from them?
- ☐ Am I offering solutions, or just pointing out problems?

🚫 Step 3: Are My Expectations Clear... and Fair?

- ☐ Have I clearly communicated boundaries or routines?
- ☐ Am I being flexible when life is tough for them (school stress, friends, etc.)?
- ☐ Am I correcting everything, or just the important things?
- ☐ Am I choosing my battles wisely—or reacting to every small issue?

❤️ Step 4: Connection Check

- ☐ Have we had any light, happy time together this week?
- ☐ Have I acknowledged something they did right recently?
- ☐ Do they feel heard and safe with me—even when they mess up?
- ☐ Have I told them I love them lately... just because?

🌸 If You Checked 5 or More “No” Boxes...

💡 *It's okay. Parenting teens is hard.*

But you're already showing love and effort by taking this pause.