



COMMUNICATION FOR CONNECTION

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Outline for Session

Compliance vs. Connection

What is your parenting style?

Freedom of choice

Understanding misbehavior

Building a better relationship

What is
communication?

[kəˌmyʊnəˈkæʃ(ə)n]
NOUN

1. the imparting or exchanging of information or news.
2. Communication is a tool to connect

What is the goal of your communication?



SHARE BASIC
INFORMATION



IMPART WISDOM



CHANGE OUTCOMES



BUILD RELATIONSHIP



ALL THE ABOVE?



THROUGHOUT
TONIGHT, QUESTION
YOUR 'WHY'?

APPEARANCES CAN BE DECEIVING &

PEOPLE ARE COMMITTED TO
LOOKING GOOD! BUT WHAT WE
REALLY WANT TO BE COMMITTED TO
IS
CONNECTION

BUT WE TURN INTO OUR PARENTS:
GOOD, BAD OR INDIFFERENT



Compliance vs. Connection



Compliance: the action or fact of complying with a wish or command.



Connection: a relationship in which a person, thing, or idea is linked or associated with something else.



Can they exist at the same time? Yes, if your motivation is to connect **MORE OFTEN** than to get compliance.

Attunement: the key to communication

What is attunement?

Self attunement and other attunement



To see another
person clearly



To hear another person
clearly



To understand
another person

Love and acceptance of self and others

What is your parenting style?

Giving Orders

Giving Orders: parents set lots of limits and try to control their teenagers. They give teens little or no freedom (Wolves)

Giving In

Giving In: Parents give teenagers too much freedom combined with inconsistent limits (Ghosts)

Giving Choices

Giving Choices: Balance of freedom and boundaries; give and expect respect from both parties (Attuned Parent)

Giving Orders: What does your teen learn?

What does this look like?

Tough love, hitting, yelling, threatening, criticizing, punishment, rewards control, demanding, little or no trust or respect and overly involved in homework

What teens learn?

They can respond in different ways such as rebelling with friend groups, smoking, drugs, sex, school, etc... OR the teen can become very discouraged and try to please the parent and do everything perfectly, but the teen loses self respect and they do not learn to think for themselves



Problems with Giving Orders

The authoritarian method doesn't build trust or respect

It doesn't offer freedom or promote responsibility

It doesn't teach teens to think for themselves



Giving In: What does your teen learn?

What does this look like?

Permissive parenting is an avoidance of conflict at all costs due to feeling powerless, having a lack of boundaries for the self, or feelings of guilt for not being as involved in the teen's life. Giving in takes away respect and power from both the teen and parent.

What does the teen learn?

Teens often view giving in as a sign of weakness which leads to a lot of excuses for rebellious behavior. When a parent gives in, the teen senses that the parent doesn't respect them, which also leads to the teen not respecting themselves.

Problems with Giving In

Giving in or permissive/passive parenting is another way of saying that "I care more about my comfort than what is best for you"

Giving in inhibits the teens' ability to have a good relationship with others due to a lack of healthy boundary implementation

It inhibits personal responsibility and growth

It lowers their self esteem



Giving Choices: What does your teen learn?

Giving choices is a democratic approach that balances rights and responsibilities that allows teens to become responsible by showing respect and giving them freedom to make choices

In a democratic family, no one is considered more important than anyone else—this does not mean you are the same—you have more knowledge and life experiences. It does not mean that your teen can tell you what to do—it means you guide your teen respectfully.

“Give your teen their say, but not always their way”

Freedom of
Choice is the
foundation of
love

Without freedom to choose
there is no room for authenticity
or love

When a person has the freedom
to choose to respect the heart of
another person, trust, love,
fondness, and true connection
occur

Understanding Misbehavior



Teens have basic goal: to feel that they belong. To do this, they may use positive behavior or misbehavior.



Rudolf Dreikurs, a well-known psychiatrist, discovered when children misbehave, they are *DISCOURAGED!*



Children and teens look to belong in 4 common ways—each way is a misbehavior, or the 4 goals of misbehavior.

Goals of Misbehavior and Identification of Goals

Goals:

~Attention

~Power

~Revenge

~Displaying
inadequacy

Identify the Goal
by looking at
these clues:

How you *feel*
when it happens

What you *do*
about the
misbehavior

How your teen
responds to
what you do

Attention Your Identifying Feeling is Annoyed

All children and teens need attention. Teens find MANY ways to get their parent's attention



Counteract Negative Attention with Attunement and Positive Rewards

Remember: "Catch me being good!"

Notice anything that your teen does right, well, or even makes attempts.

Notice any movement of effort without a caveat...

"Great job on your math test, but your paper needs a lot of work..."

Power
Your Identifying
Feeling is
Anger

This is a very common goal, and it looks like, "You can't make me!", yelling, fighting, and breaking the rules.

Counteract
Power struggles
by refusing to
engage
One liners to
remember:

"I know"

"Probably so"

"I don't know"

"That could be"

"Nice try"

~Danny Silk

Revenge

Your Identifying
Feeling is

Very hurt or angry

Some teens believe they cannot win a power struggle and the way to belong is to get even. This teen believes they are not lovable and believe they can find their place in the family or at school only by being cruel and hurting others. Both the parent and teen have angry and hurt feelings

Counteract
Revenge by
increasing trust,
forgiveness, and
attunement

With revenge, there are high levels of disrespect, anger, hurt, mistrust, and possible relational betrayal.

Displaying Inadequacy

Your Identifying
Feelings are
hopelessness or
feel like giving up

Teens who display inadequacy are the most discouraged of all, have a low opinion of themselves, don't believe they can do anything, so they give up. When a teen gives up, the parent feels like giving up and if the parent does give up, the teen's goal has been met; the parent has "agreed" to expect nothing from the young person. This usually happens in one area, such as schoolwork, sports, or another activity

Counteract
Inadequacy by
shifting power,
responsibility,
and ownership
back to the teen
with LOTS of
encouragement

A teen who feels inadequate, feels powerless.

"So, what are you going to do?"

"I believe you have the solution/ability in you"

"I am here for you if you need me"

Introspection

5 Questions to Ask Yourself

Are my
decisions based
out of fear?

Am I able to
hear my teen's
emotions?

Am I able to set
boundaries
lovingly?

Do I require a
high level of
respect?

Do I maintain a
high level of
respect?

5 Questions to Ask Your Teen

How are you
feeling today?

What would you
like to do with
me today?

What was the
best part of your
day?

What are you
thankful or
grateful for
today?

What is
something that
was difficult for
you today?

Take aways

Love casts out fear, and fear casts out love

Decrease fear and attain for connection that is mutually high in levels of love and respect

Remember your own teenage years

Fight social media with limitations

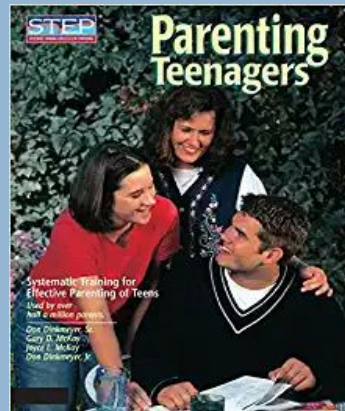
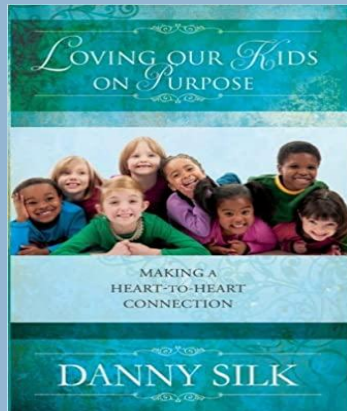
Teaching self control is a gift to your teen

DON'T PROTECT THE DISCONNECT!

Children and teens are professional mistake makers!

Let your child know that you can handle their mistakes!

Resources



"Loving our Kids on Purpose" by Danny Silk

"Parenting Teenagers: Systematic Training for Effective Parenting of Teens" by Don Dinkmeyer, Sr., Gary D. McKay, Joyce L. McKay, Don Dinkmeyer, Jr.

Love and Logic @ Loveandlogic.com

Connected Families @ Connectedfamilies.org

The background of the slide is a vibrant blue, densely populated with numerous speech bubbles of various colors including red, yellow, pink, and light grey. Each speech bubble contains a large, bold, dark blue question mark. The bubbles are scattered across the entire frame, creating a pattern that suggests a multitude of questions or a lively discussion.

QUESTIONS OR
COMMENTS