

Parents

WE ARE IN THIS TOGETHER

YOU ARE THE WORST PARENT
IN THE WORLD! WHY ARE YOU
DOING THIS TO ME? IF YOU
LOVED ME YOU WOULD...



Attitude is everything

How do you handle it when your teen's emotional roller coaster crashes into home?

The teen years are a full on, topsy-turvy, hormonally induced roller-coaster ride that takes about 10 years to get off. I pray for all parents who get (have to) to live in the company of these that struggle so much as they grow up. The question for us is – how do we steer these spinning balls of hormones and still maintain our own sanity?

What ever happened to that sweet child that just wanted your hugs – who now is embarrassed to be seen with you in public?

Almost all parents struggle with their children's attitudes. You are not alone.

But what to do?

What I think they might need is some attitude therapy. Nagging doesn't work, shaming doesn't work and threats never get anywhere. Let's try something different. We as a family need to learn how to find the blessings in our children's lives (ours too), to point them out and to be openly thankful for them. Thankfulness is more than a corrective cure for bad attitudes. It is a powerful ingredient in a healthy family.

Take a moment and practice some attitude therapy.

Write down 9 things you like and you are thankful for about your teen. Ready?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

Now share this list with them. You may find that your positive attitude is contagious!

Pastor Mike