LARRY FRITZLAN
RECOVERY SERVICES

Points of Success:

Love,
Attention,
Consistency,
Consequences

1. <u>**Love**</u> <u>must be the basis of all behavior</u> – Setting limits, saying "No." and imposing consequences, when appropriate, are *loving acts* – loving your kid enough to "parent them."

Tell your teen that you *Love Them* <u>every day</u>.
Do this through:
Voice,
Touch,
Hugs,
Notes.

2. **Attention** – Attending to them – Looking, talking, touching, hearing, smelling – Orienting toward them – Giving them time – Being with them – Time alone with them

"Special Time"
"Special Relationship"

Catch them doing something right
10 times more often
than you catch them doing something wrong.
(Loving attention)

- Acknowledge all improvements – there are Millions of them throughout their development.
- Celebrate often – celebrate the sunrise, moon, mom's cooking, them picking up their towel.
- Attend their games, their music.
- Learn their video games.
- Create a MySpace page with them.
- Dads w/ sons – *"Doing"* – ball games, hunting/fishing, ball playing, car shows, driving, golf.
- Moms w/ daughters – *"Being"* – easy chitchat, gathering (shopping).

3. **Consistency** – Mature behavior – "Adult responses" – Predictable – Routine

Are we communicating from our Prefrontal Lobe?
(Adult, rational, logical – "Sit down, calm talks")
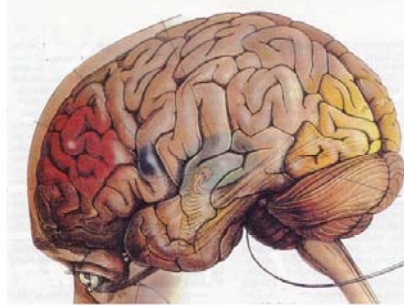
Or, are we communicating from our Mid Brain?
(Emotional, reactive, childlike – "Yelling, raised voices")

4. **Consequences** – Responding to them – Guiding them – Parenting them – Training them.

Positive Behavior = Positive Consequences
Negative Behavior = Negative Consequences
**(Must be Immediate!
Children live in Present Time)**

Positive Consequences – your love and approval
Negative Consequences – your love and disapproval

For Strong-Willed Teens it is important that they receive concrete consequences.

Dr. Phil's suggestion: "Remove all toys, computers, video games, TV, phones; remove the door to their room, put the mattress on the floor, and ground them. Do this for 7 days."

Perhaps extreme but makes the point.