

### **THE PAINS OF GROWING**

It would seem in our tech-rich, media saturated society that the sheer affluence of our nation would insure happiness for our growing teens. It is easy to minimize their pressures (from an adult perspective) and cast everything in either a motivated or unmotivated paradigm. Here are some things to be aware of as you design strategies to get your teens and pre-teens through what we liked to call "the tunnel." (children enter around 11 or so and usually come out in their 20's!)

#### **FACING THE PRESSURE THAT I MAY LET SOMEONE DOWN**

This is especially difficult when it causes me to be scrutinized - I'd rather just fit in! Even if it seems that our kids do not care a whit about what we think, don't take it personally. Sometimes the most rebellious behaviors respond best to a kind, patient response - even when you would rather throttle them!

#### **DEALING WITH MY DESIRE TO BE ON MY OWN AND DO THINGS MY WAY**

This is especially difficult when you feel "oppressed!" It is a tricky thing to protect an emerging adult while at the same time letting go. And the needs of young women and young men are very different. Collaborating is key during this time, because it is almost impossible to bridge this issue.

#### **SUDDEN OR IMPENDING EVIDENCES OF MY DISCOMFORT WITH ME**

I'm a bundle of nerves because there's so much I need to figure out. Am I really a dork? Will I be able to deliver? Will someone love me? What lies on the road ahead? Do I have what it takes to be the man or woman I know I am expected to be?

#### **MY MISTAKES OR MY AGE BEING THROWN IN MY FACE**

I hate being treated like a child. "If you act grown up we would treat you like a grown-up!" Again, a "gentle answer turns away wrath." Often what we are seeing in a rebellious face is the mask of an insecure ego.

#### **FACING THE CRITICISM OF NOT MEASURING UP TO PEOPLE'S EXPECTATIONS**

When I fail everything falls apart. And when I fail - I am not likeable, useful, or lovable.

#### **DEALING WITH THE EXPECTATIONS OF MY FRIENDS AND MY PEERS - I WANT TO BE COOL.**

My needs are changing. I need to be respected and cared for by others than my family. My parents don't understand what I am going through. We never talk any more. I have just given up (as though anyone would want to talk to a narcissistic, ungrateful ex-adolescent who used to love me.)

*These things are painful, but remember, some day they WILL come out of the tunnel launch, and you will want to have a foundation for an adult friendship. I think it is easy for parents to take ourselves too seriously. Just like all teen-agers do. Whether they admit it or not!*

## The Understanding Years

Parenting is not always a fulfilling and encouraging process. In fact, sometimes it can be downright frightening! Here are some of the less desirable pains that must be courageously faced. Anything look familiar?

- ENDURING YOUR CHILD'S MISTAKES  
This is especially difficult when it reflects poorly on you!
- DEALING WITH OPEN OR PASSIVE REBELLION  
This is especially difficult when it reflects poorly upon you!
- SUDDEN OR IMPENDING EVIDENCES OF GEEKINESS  
This is especially...well, you get the idea!
- PEERS BEING THROWN IN YOUR FACE  
Being taken for granted.
- BEING EMBARRASSED BY SOMETHING YOUR CHILD DOES OR SAYS  
Being let down by your children.
- FACING THE FRUITS OF THEIR INEXPERIENCE, LAZINESS, AND LACK OF INTEREST  
Patiently dealing with lack of follow through.
- DEALING WITH THE FACT THAT THEY BREAK MY THINGS  
Dealing with the child who is so much like me.
- DEALING WITH THE CHILD THAT IS SO MUCH LIKE MY SPOUSE

What does this reveal about the Understanding Years? Does anything relate to your situation?

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These are indeed painful at times, but remember, there is not a parent who has ever parented who has not felt some or all of the same pains you are experiencing. There are also great rewards...

### THE PRIZES OF PARENTING

These are worth the investment and the wait!

- Seeing your child value and practice moral purity.
- Observing as your child is not swept away by greed.
- Viewing your child's personal spiritual interest.
- Enjoying your child as an independent thinker who is discerning.
- Raising an industrious child.
- Observing your child's ability to relate to others and to live with compassion.
- Raising a child who is wise and harmless at the same time.

What are your thoughts about these prizes?

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