Teen Tasks

1. Adolescents have a need to find out who they are. Individuation usually looks like

 rebellion to parents.

 *Do you remember when you started to break away from the family you grew up in?*

2. Adolescents go through huge physical and emotional changes.

 *Do you remember when this happened to you? What is your memory of what happened? What were your feelings? How did you handle it? How did your folks handle your changes?*

3. Peer relationships take precedence over family relationships. They are finding their new tribe.

 *How did that change for you?*

4. Teens are exploring and exercising their personal power and autonomy.

 *What were the ways you exercised your autonomy?*

5. Teens have a great need for privacy so they can work out their individuation tasks

 without an audience.

 *Were you able to get the privacy you needed? If so, how did that help? If not, how did that hurt?*

6. Parents become an embarrassment to their teens.

 *Were your parents an embarrassment to you?*

7. Teens think of themselves as omnipotent and all-knowing.

 *Can you relate to this?*

From *Solving The Mystery of Parenting Teens* by Lynn Lott M.A., M.F.T., Alicia Wang CPDT & Kimberly Gonsalves CPDT, CPCC