

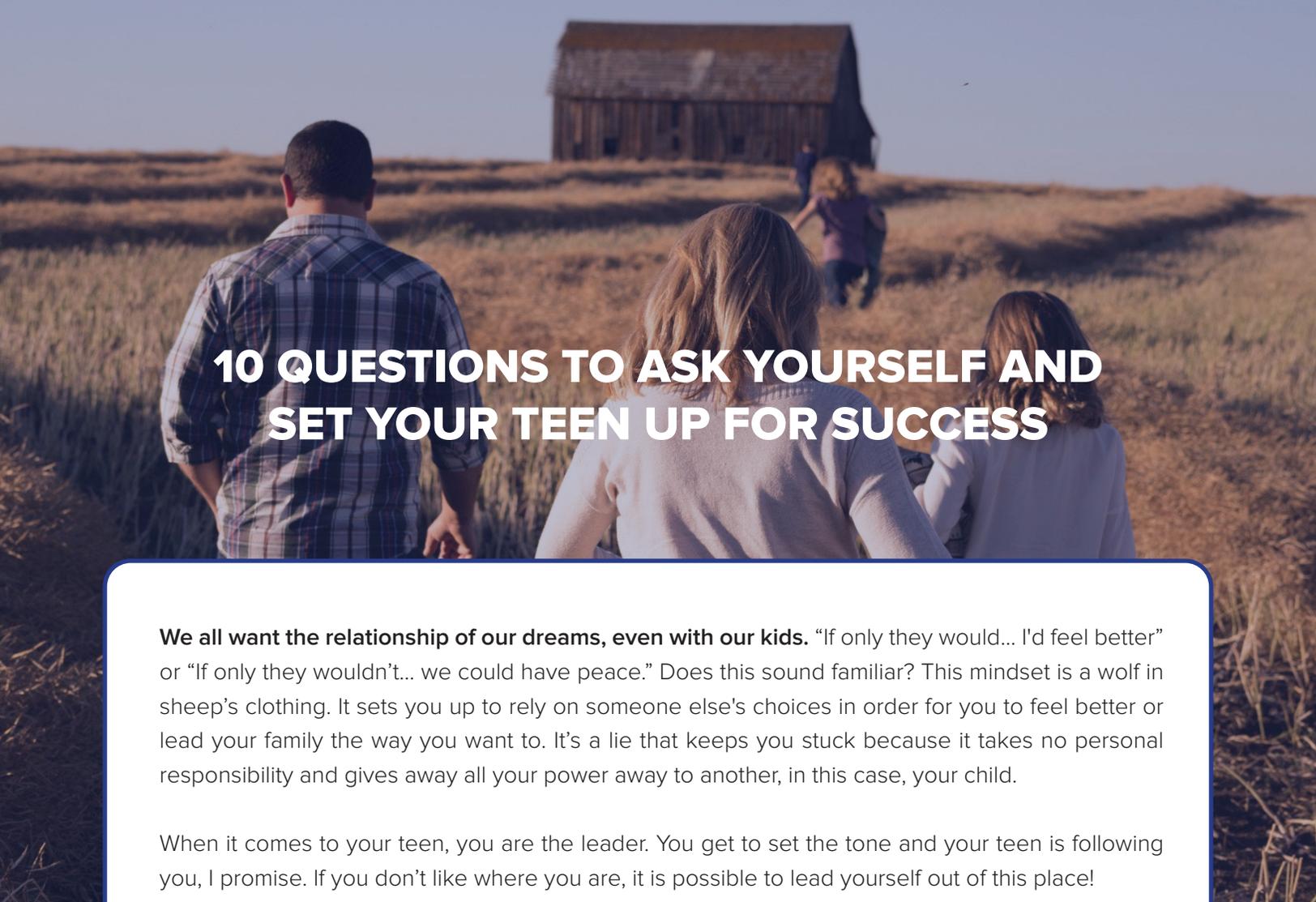


# 10 QUESTIONS

TO ASK YOURSELF AND  
SET YOUR TEEN UP FOR  
SUCCESS



rebecca hart  
CONSULTING



## 10 QUESTIONS TO ASK YOURSELF AND SET YOUR TEEN UP FOR SUCCESS

**We all want the relationship of our dreams, even with our kids.** “If only they would... I'd feel better” or “If only they wouldn't... we could have peace.” Does this sound familiar? This mindset is a wolf in sheep's clothing. It sets you up to rely on someone else's choices in order for you to feel better or lead your family the way you want to. It's a lie that keeps you stuck because it takes no personal responsibility and gives away all your power away to another, in this case, your child.

When it comes to your teen, you are the leader. You get to set the tone and your teen is following you, I promise. If you don't like where you are, it is possible to lead yourself out of this place!

### **RULES: YOU KNOW YOU LIKE TO BE THE RULE MAKER— TRY NOT BE THE RULE BREAKER!**

- ⦿ Do not use this as a weapon to beat yourself up. The purpose of this reflection is to uncover how you can empower your part of the relationship (the only part you have control over) and can become stronger, closer, more authentic and connected to your teen.
- ⦿ Do make it about yourself. That's right, in this moment this is all about you, your part, and how you can show up with your teen. Answer questions for yourself, about yourself. No blaming or “buts” allowed.
- ⦿ Do journal or write out your answers. The work of changing is WORK and it takes a little time to tune in. Slow down. Tune in. Feel it. As you truly do this work, it becomes a part of you.
- ⦿ Do seek help from trustworthy friends, partners, life coach or therapist if this brings up things you'd like help to work on.

**“WHAT YOU SEE AND WHAT YOU HEAR DEPENDS  
A GREAT DEAL ON WHERE YOU ARE STANDING.  
IT ALSO DEPENDS ON WHAT SORT OF PERSON YOU ARE.”**

– C.S. LEWIS, THE MAGICIAN'S NEPHEW

1

## **HOWS MY TIMING?**

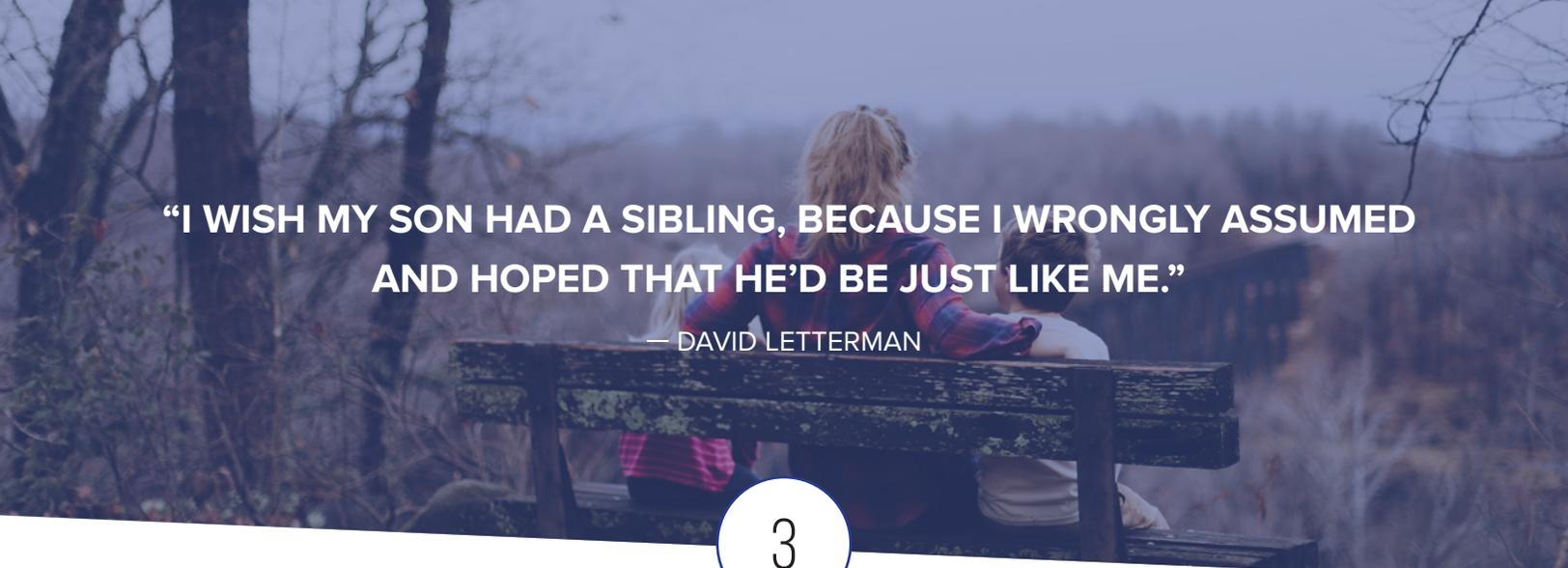
You are geared up to talk. It's been on your mind, momentum has built within you, and this is the moment you are ready for. It's easy to think it's the right time because it's the right time for YOU. But, if you were your teen, would you be able to have the kind of conversation you desire in this moment? Would you want a heads up? Is it right after school when you need to decompress? Would you want to be asked about the best times to talk about hard stuff?

2

## **HOW WOULD I RESPOND TO ME?**

Take a moment and imagine yourself inside your teens body. Really, imagine yourself in their looking up at you. What do you look like in stressful moments? Would you be excited to listen to you? Would you want to shut down or fight back? Would you feel safe to be honest? As the parent, you have more responsibility then your child in how the interaction goes and you can invite them into vulnerability or defensiveness by how you are presenting yourself.





**“I WISH MY SON HAD A SIBLING, BECAUSE I WRONGLY ASSUMED AND HOPED THAT HE’D BE JUST LIKE ME.”**

— DAVID LETTERMAN

3

### **WHAT DOES MY CHILD WANT OR NEED?**

We often feel certain we know another’s intentions, needs and wants. Without realizing it, we are always writing a story that explains why others do what they do. Your stories can make so much sense to you, you just “know” they are true. This “knowing” can be dangerous for a relationship as they are only stories your mind pieces together to make sense of things. Our stories are assumptions. Asking over assuming is always best. But, teens may not share or they may not know the reasons themselves. Asking yourself this question can help you think outside the box of judging or labeling their behavior and help you look at them as a human with needs and wants that they don’t know how to meet in the best ways.

---

4

### **HOW DOES MY TEEN FEEL ABOUT THIS?**

Unfortunately, just because you create a human and share genes doesn’t negate that who they truly are is completely out of your control. In what ways might you be trying to make your teen be just like you without realizing it? In what ways are they just like you- and that’s where you bump heads? How are you seeking places of agreement, common ground, or common feelings (even if you have different approaches)?





**“IT’S NOT AT ALL HARD TO UNDERSTAND A PERSON;  
IT’S ONLY HARD TO LISTEN WITHOUT BIAS.”**

– CRISS JAMI

5

## **DO I SOUND LIKE I’M SPEAKING TO SOMEONE I LOVE, RESPECT AND CARE ABOUT?**

Sometimes parents who care so much it hurts them are perceived by their teens as the most unloving figures in their lives. This is often less about WHAT we do and more about HOW we do it. How is your tone and the words you use? If you treat someone you disagree with, even subtly, as if they are dumb or don’t do things right (when it’s not your vision of right) they will not want to listen to you! We all do this on some level sometimes, so really check yourself. What’s the pattern of my tone and language? Have you ever genuinely asked for feedback (and recieved it without arguing)? We all want to be heard and treated kindly. As the parent, you get to set the tone and lead doing this no matter what your teen does.

---

6

## **AM I TRULY PREPARED TO LISTEN?**

Most of the time when we think we are prepared to truly listen we are actually prepared to be listened to. Checking your expectations can help prevent you from getting derailed from your BIG GOAL (I’m assuming it’s connection, trust, and respect). If they say, “you aren’t listening!” then they aren’t experiencing you listening, and if they did they would feel heard. I know you want to yell “NO, YOU’RE THE ONE NOT LISTENING!” But, remember that you are leading the way here and they desperately want to be taken seriously. As the leader, are you more ready to listen or are you mostly ready to make your point?



**“YOU FIGURED THAT THE ONLY WAY I'D BE HAPPY IS IF I DID THE THINGS YOU THOUGHT WOULD BE BEST FOR ME.”**

– JODI PICOULT, PICTURE PERFECT

7

## **WHAT IS THE MOST IMPORTANT THING TO MY TEEN?**

Depending on the quality of relationship with your teen or their personality, you may ask this question with or without getting real answers. Are you ok with both not knowing while also not assuming? Assuming helps us think we know answers, which can help us feel more stable and secure. Yet it's not true stability or security if it's not based on the truth. Being able to allow uncertainty can actual HELP the growth of a relationship or connection. In fact, getting in touch with your own uncertainty may help you understand how your teen feels—which is likely uncertain about many things despite their efforts to appear otherwise.

8

## **WHAT AM I NOT SAYING BUT EXPECTING MY TEEN TO KNOW AND UNDERSTAND?**

Have you ever thought so hard and so long about something, or believed a certain perspective, that you automatically assume everyone else sees it the same way? (The right answer is, yes! I've never met someone who doesn't do this and it's ok!) The trick is to identify and clarify these things for your teen. What exactly are you expecting? What exactly is the consequence of certain choices in your home? What do you really desire for your relationship?



**“THERE ARE TWO BASIC MOTIVATING FORCES: FEAR AND LOVE.”**

— JOHN LENNON

9

## HOW DO I VIEW MY TEEN?

What kind of thoughts do you think about your teen— do you consider them a burden? How do you talk to others about your teen? Do you more often choose to rave about what is awesome or commiserate about how awful they are? What is the energy within yourself concerning your teen and what kind of words do you most use when thinking or speaking about them?

---

10

## AM I BEING DRIVEN BY LOVE OR FEAR?

When you walk down the stairs yelling over your shoulder at your teen, are you motivated by fear or love? When you give in to them, yet again, is that love or fear of how they will think of you? Slow yourself down and trace what’s going on within you back to your own emotional source. Fear doesn’t only drive your teens poor behavior, it drives yours. Reckoning with your own internal world is part of your own process that can help you show up differently and lead with strength and respect no matter what your child does.

“

**REBECCA IS A TRAINER FOR YOUR MIND AND  
A REFUGE FOR YOUR HEART. I REALIZED  
MY OWN STRENGTH WORKING WITH YOU.**

– MEGAN ARGABRITE

Have you ever felt like if only your relationships could be a certain way you'd be set? It's so easy to make relationships into an 'end goal' that if only you could arrive at, you'd be ok forever. But, both your relationship with yourself (personal development) and with your kids or those you love are all about the journey. The value of life is the journey! It's not over until it's over, and that is why there is always hope.

As you do this work of reflecting, remember to choose compassion for yourself as your patterns didn't happen overnight but over many years. Unlearning and relearning takes time, grace, and intention. Coaching at its core is about maximizing those things (time, grace, intention, and honesty) so you can transform your own obstacles into a more fulfilling life and way of relating. If you or someone you know are ready to choose what it takes to lead yourself and your family in ways that create a life of freedom, book a free chat with me to see what current offers excite you! Or, [check out my workshop Dare to Flourish](#) or [other free resources on my site](#).

Until then, well done taking this time to examine and nurture yourself. You are worth investing in. You are capable. There is always hope. There is always more.

Much love to you and your journey,

Rebecca Hart

Rebecca Hart is a Certified Life Coach who helps you live freely, lead confidently and love unconditionally. She partners with busy achievers and helpers, overdoers, college graduates, and parents struggling with their teens to re-write their stories and develop skills that build resilience, identity, connection, spiritual growth and authentic leadership. She teaches boundaries as a tool for relational healing, increased self-worth, and creative freedom. Rebecca tells the truth in ways that allow a breakthrough.

You can reach her at [rebecca@Rhartcoaching.com](mailto:rebecca@Rhartcoaching.com)

