

Parental guide with love and trust



10 tips on how to rebuild a relationship with your teenager

WITH  AND TRUST

AWARENESS AND BEHAVIOUR COACH

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Hi, I am Dr. Noriko Noda.

Welcome to the ebook “10 tips on how to rebuild a relationship with your teenager”.

I am a life coach and a primary care medical specialist. And I am passionate about supporting people to improve their mental well-being.

As a mother of a teenage daughter, I had a struggle and I still do from time to time...

This ebook is for you if:

You feel the connection between you and your teenager has been lost.

You feel exhausted, trying to figure out what has changed your teenager.

You feel desperate because nothing you have tried helped your teenager.

(And even if you feel you have a good relationship with your teenager, you may find some hints here to make it even better.)

So what can we do to rebuild a loving relationship with your teenager?

I believe the key is flexibility. Flexibility in our thoughts and behaviours.

(You don't need to be able to do a split 😊)

If the beliefs and strategies we have been holding and using do not work anymore to keep a good relationship, we need to change them!

And there is no right or wrong.

“*Insanity is doing the same thing over and over and expecting different results.*”
- Albert Einstein

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1. Remember to give yourself a pat on the back!

I truly believe it is important to work on ourselves first.

Because who would like to build a good relationship with you if you are a cranky, unhappy, stressed-out person!

So, let's start by being nice to ourselves.

I am sure you have been doing the best you can do with the resources available to you. Right?

So regardless of whether the current situation is your ideal or not, shall we take a deep breath in and slowly breathe out.

Then give yourself a pat on the back (or even give yourself a big hug, as you would do to your dear friend), saying "you are doing well" truly meaning it.

Even if nobody else says that to you, you can choose to be compassionate to yourself.

“Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.”

- LOUISE L. HAY

TO DO : Give yourself a pat on the back at least once a day.



2. Allow yourself to feel all the emotions within you

Have you been feeling guilty, thinking it is all your fault?

Have you been feeling sad, as it looks like everything is falling apart?

Have you been feeling angry with your teenager, your partner, friends or teachers, or even yourself, because things are not going as you think they should?

It is so normal for you to feel all these emotions.

Those emotions tell you something, like what is important for you, what beliefs and values you hold, what expectations you have, etc.

I would like you to acknowledge these emotions, accommodate them and accept them. No need to push them away, as they will become quieter if you accept them without judgment. (Those emotions could get louder if you try to push them away!)

As you accept these emotions, **you will find more peace inside of you.**

“ *Your emotions make you human. Even the unpleasant ones have a purpose. Don't lock them away. If you ignore them, they just get louder and angrier.* ”

— Sabaa Tahir

TO DO : Whenever you feel your heart is heavy, accept the emotion within you and let it sit with you. Make peace with it.

3. Let go of control

We often feel we are controlling lots of things in our life.

But, are we?

Actually we could only control ourselves. And sometimes even controlling ourselves is so hard!

Any attempt to control something out of our control could bring struggle, conflict and a lose-lose situation.

So we let go of control.

Yes, I know it is not easy.

When you know your teenager chooses to do something which you don't believe is good for him/her, you worry about their wellbeing and safety and you want to do something about it. And we naturally have an urge to control that person and the situation, especially if it is about your child.

But you already know this. Trying to CONTROL your teenager or his/her situation DOES NOT WORK.

Once you let go of control, you will be surprised how much peace it brings to you.

“ But my teenager is still suffering! Do you mean I should give up?
Is there anything I can do to help him/her?!”

I hear you.

What we could do as a parent is not to control our teens but to let them know that

- we love them (in a way they feel it)
- we are worried and are here for them
- it hurts us to see them suffer

So let's take a deep breath now, and give yourself a pat on the back, accept this sadness and anger inside of you and let them sit there.

And please read on.

“ Accept what is, let go of what was, have faith in what will be. ”

- Sonia Ricotti

TO DO : Whenever you feel a struggle in you, take a deep breath and think about what you have control over and what you don't. And focus on what you have control over.

4. Consider yourself as a team leader, not a manager

Have you been trying to be a **manager** or a **leader** of your family?

- * A manager focuses on control, stability, competence, and problem-solving.
- ♥ A leader focuses on inspiration, influence, vision, passion, and the potential of people.

- * A manager controls risks and keeps everything in order.
- ♥ A leader embraces uncertainty, chaos, and changes.

- * A manager gives directions and makes sure people follow the directions.
- ♥ A leader sets direction, asks questions, and encourages autonomy.
- ♥ And a leader motivates team members and raises the next leader.
- ♥ And a leader is a role model for team members.

When you added your child to your team, your child only had basic knowledge and skill. So you needed to teach and guide them. You needed to be a manager then.

Now they have grown and their level of knowledge, skills, and confidence have all changed. Consider them being in middle management of your team and they are moving toward becoming a leader themselves.

So we parents also need to adjust and change our role in order to bring the best outcome for the member and the team.

We need to show them by our behaviour what kind of person our teenager will grow into.

We become a leader.

And trust ourselves and our teenagers. Trust that we can manage whatever life throws at us.

You gradually delegate the responsibility about them to them.

It is eventually our teenager's responsibility to become the person he/she wants to be.

“ I measure my own success as a leader by how well the people who work for me succeed. ”
- Maria Shi

TO DO : Whenever you feel frustrated, think about what you can do as a leader, not a manager

5. Ask for permission (and apologise if appropriate)

You may ask:

“Why do I need to ask for permission when I give advice to my teenager?”

“Why do I need to apologize to him/her? I acted in his/her best interest.”

You don't NEED to. But would you choose to?

Your teenager was once your baby. You may still feel that way.

But they are not babies anymore unless you want to treat them as fully dependent human beings as they were in their baby days.

Do you?

Probably not!

Instead, we would like them to feel they are responsible human beings.

So we treat them as they are responsible and respectable.

When you have an urge to give advice to your teenager, try saying this way and see it helps you to connect with your teenager better:

“Would it be okay if I shared something with you?”

When you go into the room of the teenager, knock the door and ask;

“Can I interrupt you now?”

Asking for permission is not a matter of right or wrong.

Asking for permission does not make you lose your status as a parent.

It is an expression of healthy boundaries and respect toward your teenager.

The key here is they need to feel that you are not damaging their opinion, self-worth, or self-righteousness.

Your job is to keep them out of fight-or-flight mode.



The same goes for an apology.

If you are aware you have done something which deserves an apology, I encourage you to apologise.

It could be about something we did, believing it was the best thing to do. Then later we realise it was not.

Or it could be about something we did, losing our own control, like yelling at others or ignoring others, because we were so tired or irritated.

When you are aware of having done something that deserves an apology, let us be brave and apologise, even to our teenager.

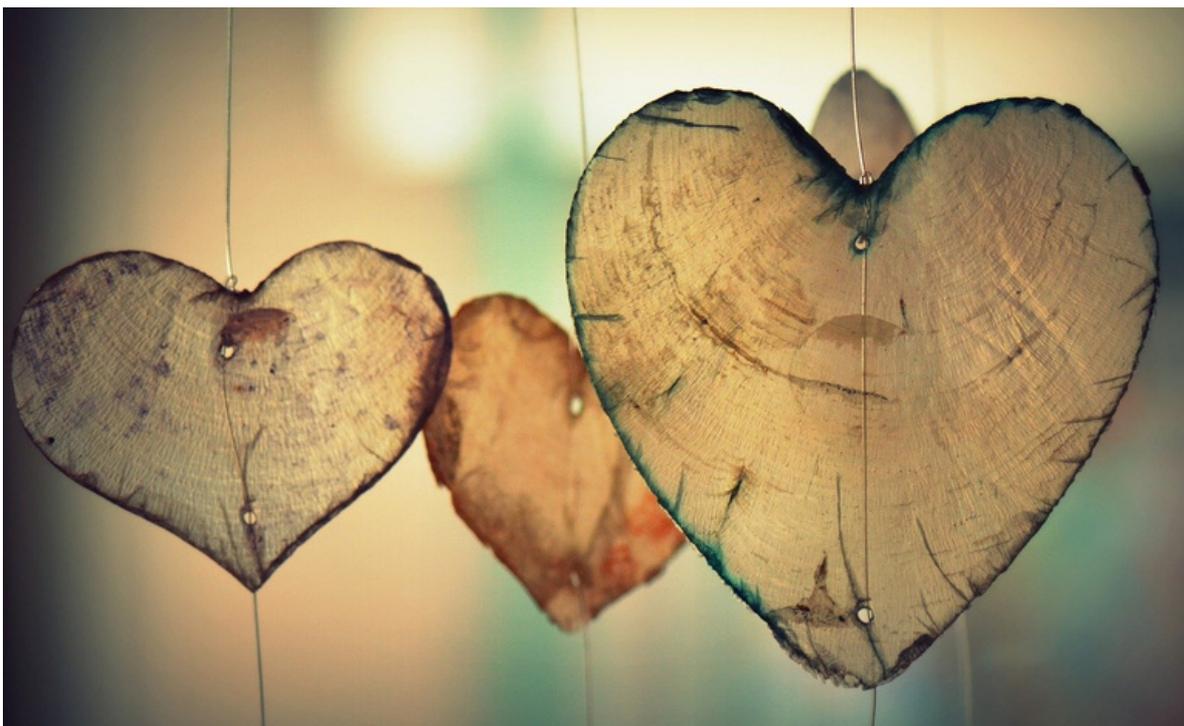
Then we truly live a life of integrity and become a role model for our children.

We maintain healthy boundaries.

We treat them as they would like to be treated.

“ *And this is one of the major questions of our lives: how we keep boundaries, what permission we have to cross boundaries, and how we do so.* ”
- A.E. Yehoshua

TO DO : Ask your teenager for permission when you ask a question about their private issues, when you go into their private space or when you want to give them advice.



6. Listen with great curiosity without judgement

The only way to really understand a person is to listen to that person.
It means to listen without judgement and to listen between lines.
It means to listen with great curiosity with no assumption nor judgement.

Let's listen to your teenager as if he/she was a stranger to you and you wanted to find out what his/her world was like.

Of course, they may not like you to keep asking them questions. Then you need to back off. Calibration of the person and the situation is always important.

You can seize the moment when your teenagers say "it was a terrible day today" or "I just hate xxx"

Instead of telling them to toughen up, you can say "ah, that must have been very hard for you. Do you wanna tell me what has happened?"

You can just listen to them with curiosity and no judgement.
If you have an urge to give them advice, ask for permission, you remember?

And we definitely don't need to solve all the problems for them!

“: Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don't listen to understand. We listen to reply. When we listen with curiosity, we don't listen with the intent to reply. We listen for what's behind the words.

- Roy T. Bennett

TO DO : Seize the moment when your teenager says something to you, then truly listen with curiosity and no assumption nor judgement. Ask for permission if you would like to give advice.



7. Think of your teenager's needs

People don't want to be with you if you don't meet their needs.

We parents cannot meet all the needs of our teenagers. And that is completely O.K. (If we do meet all their needs at this stage of their life, that sounds unhealthy.)

But if we want more connection, first we need to understand their current needs.

- Do they need to feel heard without being judged?
- Do they need to feel validated?
- Do they need to feel loved?
- Do they need to feel they belong?
- Do they need to feel trusted?
- Do they need to have a chat about something they love?

- Or do they just need to be alone in a safe environment?



After understanding their needs, you could make an effort to meet them.

You just need to remember to calibrate the situation, though. If the current strategy does not work, you need to be flexible and try a different way,

Also remember it is O.K. if your teenager does not come to you to meet their needs.

They are trying to figure it out in their own way.

TO DO : Think if there are any unmet needs of your teenager. Brainstorm yourself about how to meet them.

8. Keep the bigger picture in mind

Lots of things in our teenager's life seem to be important, like getting good grades at school, having a habit of studying and doing chores, doing after-school activities well, etc.

I agree these things have their importance.
But they are NOT THE ONLY important things.

If we think, for what purpose they are important (ie. Is that to build resilience? Is that to cultivate creativity?), surely we could fulfill the same purpose by doing something else that your teenager actually enjoys.

I have met people who dropped out of high school and eventually became great professionals.
I have met people who fell into addiction and have recovered to achieve something significant.

I also know people who were once head boys/girls at high school and are now struggling in life.
I also know people who were super good at sports or music but are not playing anything now.

Although "NOW" is most important, it is also important to see the bigger picture.

Be flexible in thinking.
What seems to be super important could be ok to be missed.
Whatever bumpy road your teenager ends up taking, could make their life richer.

We can choose not to spend all our energy to keep things in an ideal status now but to see the bigger picture and trust us and your teenager and the future.

“The big picture doesn't just come from distance; it also comes from time.”
- Simon Sinek

TO DO : If you feel stuck, take a deep breath and take your time. Be open-minded and see if there are other options available that serve the same purpose.

9. Help your teenager find what really matters to them



You can ask your teenagers what makes them excited, what makes them happy, what gives them energy.

If they are not sure, observe what they spend much time and energy on.

What do they like to talk about?

What do they do a lot of research about?

What makes their eyes twinkle?

Do they love Connection? Diligence? Contribution? Art? Physical activities?

Help them find things that are connected to their values.

Their values will be their Southern Cross when they navigate their life.

Their value will give them direction, guidance and standard, especially during a difficult time.

Have a chat with your teenager about what matters to them and do something with them in alignment with their value.

And most importantly, HAVE FUN with them!

“ When values, thoughts, feelings, and actions are in alignment, a person becomes focused and character is strengthened.

- John C. Maxwell

TO DO : Find out what matters to your teenager. Share a moment with them when they do what matters to them.

10. Think about what Love really means for you

I know you love your teenager.
So what does “love” mean to you?

Does “love” mean “caring for the person”?
Does “love” mean “trusting the person”?
Does “love” mean “understanding the person”?



Can you remember the day when your child was born?
Your child was tiny.
Your heart was filled with warmth and excitement.
Your unconscious mind was set to protect this little human being.

I would like you to see, hear and feel that moment.
Really feel that warmth and excitement and joy inside of you and connect yourself with whatever emotions that come.

Then come back to NOW bringing all the emotions with you.

Your child has grown now.
They talk back to you or they may not even talk to you at all.
They behave as if they don't respect you or they have nothing to do with you.
They may have already left your home.

How do you want to love them NOW with that same love you experienced when they were born?

I would like you to find your own answer.

“ *The way of love is the way of no-expectation. Love exists only when there is a total acceptance and no desire to change anything.* ”

- Osho

TO DO : When things get hard and your teenager does not come close to you, take a deep breath and remember the love you felt when they were born.
Even if they are not beside you, send that love to your teenager.
Also send that love to yourself. We are all doing the best we can do with the resources available to us.

A final note

I hope you have found some tips in this ebook useful.

I offer coaching sessions to parents and teenagers.
If you are interested in having one on one session to go deeper into the issue, you can just click the link below to book a free 45 minutes discovery session to find out if coaching is for you.

Thank you and have a wonderful day!

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norikonoda.com

**Book a free
discovery session**

