

## Teenagerhood - What If We Could Make It The Best Times Of Our Lives?

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[www.coachmyrna.org/](http://www.coachmyrna.org/)

### Teenagerhood

Do you have a teenager or are you preparing to have one? Recently, I was interviewed by Amelai Lindemann, director of School of Love. We explored teenagerhood from the perspectives of preparing for it as well as going through it in real time and going through this time as a parent as lovingly as we can. Some of the questions that we explored are: How can we make the absolute most of the time before our kids are adults, where we may have much less time with them? How can we pass on our guidance? How can we approach sensitive topics?

The behavior of adolescents is often puzzling and upsetting for parents; they can be moody and uncommunicative. As parents and grandparents, we need to make peace with the reality that we cannot control our teenagers. We can, however, influence them and if our connection is strong, connecting and communication does happen. Adolescents have a difficult time to accept most things without questioning. It is the age of reasoning and thinking for themselves and we need to

learn to not take it personally. It is an opportunity to have discussions, ask questions, listen to their answers and offer our own experiences and opinions in a respectful manner.

To watch the podcast video:

[www.youtube.com/watch?v=9AaLA97K6Fs&list=PLvGv47y6fMsZdMVMbxlw1kuPC-11957E8](http://www.youtube.com/watch?v=9AaLA97K6Fs&list=PLvGv47y6fMsZdMVMbxlw1kuPC-11957E8)

For more on supporting your teenager, see one of my previous blogs:

[www.coachmyrna.org/blog/the-stage-of-intimacy-12-to-18-years](http://www.coachmyrna.org/blog/the-stage-of-intimacy-12-to-18-years)

To purchase my book on

Amazon: [www.amazon.com/gp/product/B09L7KS5VH](http://www.amazon.com/gp/product/B09L7KS5VH)

If you already purchased my book, I would love for you to leave a review.

[www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ](http://www.amazon.com/review/create-review/?ie=UTF8&channel=glance-detail&asin=B09LGWWXVZ)

*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations [www.coachmyrna.org/create-connection.html](http://www.coachmyrna.org/create-connection.html)*

