



Family Matters

Making Family Life Easier

Inside the Mind of a Teenager

Have you ever wondered what goes through your teenagers mind? What are they thinking when they do something or are they thinking at all?

Like when they arrive downstairs for a disco wearing what looks like a belt but they call it a skirt or when their best friend suddenly becomes their enemy overnight? And when you hear yourself asking them over and over again to empty the dishwasher!

Then when you try to talk to them, offer words of advice, because after all you have been there and you know what might help, they become like beavers building up a dam of logs and branches, leaving you on the outside shouting your words of wisdom from a distance.

So what is going on?

Teenagers require privacy and if you intrude too much on that privacy the walls of the dam can become taller and stronger, preventing your advice from reaching them at all. Teenagers are not eager to share their deepest thoughts with you – those they save for Facebook. When they do have something to tell you it will often be as they are watching an episode of *'My Super Sweet Sixteen'* or when you have just sat down with a cup of tea to watch *Corrie*. Turn off the T.V. (you can always catch up with the soaps on the player) and take advantage of the opportunity to talk to your teenager as it may be awhile before it happens again!

A teenagers ability to be seen in public with their parents also decreases at this age. It simply is not cool to be seen out with you; hence the not coming within fifty feet rule. They also like to let you know that they have all the answers and not only that but they know more than you. Pointing out all your mistakes and faults becomes their latest hobby.

The ability to resist peer pressure also decreases at this time as the need to fit in and belong to a group increases; which might explain some of their bad choices in clothes and friends. And wanting to spend more time with their friends, often leaves little memory for chores.

A final word on teenagers, although they may appear to be grown up and to know everything, it is a time of confusion and insecurity for them. They don't have all the answers, they don't always feel as cool on the inside as they appear on the outside and their confidence is prone to bruising. So remember during those times when they scream *'I hate you'* at you, on the inside they still love you, it's just not always cool to tell you.

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