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## POINTS TO REMEMBER WHEN FAMILY MEETINGS GET *HEATED*

**Don't expect a resolution or repentance at every meeting.** Teens will not always agree with you or agree to do what you tell them to do. Sometimes they need time to process your instructions.

**Stop if tempers start to flare.** You can always come back when everyone has settled down.

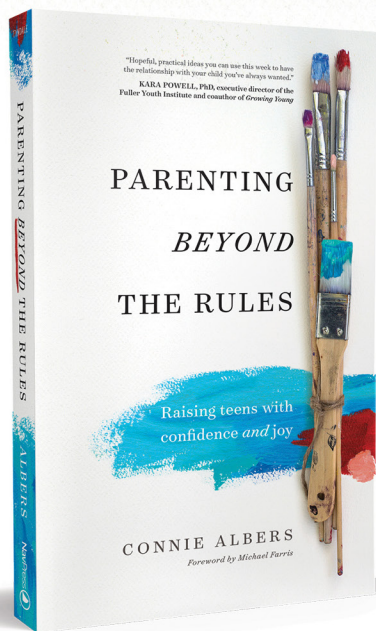
**Avoid a negative verbal exchange.** Arguing a valid point isn't wrong as long as it is done respectfully. Fighting only escalates an issue. It's important to know the difference.

**Pause and ask for clarification** when you sense your teen is resisting your instructions. By allowing them to share what they are thinking, you strengthen your relationship.

**Remain calm** so you can listen well.

**It's okay to press the pause button.** If they've shared new information that requires further engagement, tell them you and your spouse need to talk privately and you'll continue this conversation later.

**Remember that they are a young adult in the process of growing up.** They will react poorly at times. They might get defensive. They might decide it's time to walk out. While these behaviors are not acceptable, teaching them how to express their feelings goes a long way in staving off such responses. Your goal is to help them express their thoughts in a grown-up way without cutting, hurtful words.



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CONNIE ALBERS spent 25 years parenting her five children and 20 years working with teens. She is a popular speaker and writer dedicated to strengthening families, parenting, homeschooling teens, faith-filled living, and leadership. Her practical content inspires and equips parents in the trenches. Connie has been a spokesperson for a Fortune 500 company as well as serving as a director and board member for a nonprofit state homeschool organization.

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