

Margaret's Story

Margaret is frustrated with her daughter Jenny. She can tell that Jenny is having a hard time at school, especially with her group of friends. Jenny's best friend just started dating her ex-boyfriend, and out of hurt and anger, Jenny has been uncharacteristically mean to her friend, attacking her through social media and spreading rumors. Margaret is frustrated with herself for not knowing how to deal with Jenny appropriately. She wants to be a great mom who raises great kids, and she knows in order to do that she needs to be better at **doing what she can to set her daughter up for success and happiness.**

Margaret hurts for her daughter, but she has found that she isn't able to connect with her in a healthy way and have difficult conversations because she worries about the awkwardness of the conversation. Worse than that, she is afraid her daughter will turn against her completely and she'll lose all influence. To make sure that doesn't happen, she just gives Jenny space and tries to stay positive. When she thought about why she does that, she came to see that as much as she values raising a great daughter, she also values **her own comfort**, especially at home.

If she isn't willing to be uncomfortable for the sake of her daughter's success and happiness, then she isn't being the kind of parent she ultimately wants to be.

GO STATEMENT: Over the next year, I want to be better at doing what I can do to set my daughter up for success and happiness, and not be held in place by my own comfort.

SMALL STEPS:

1. As an introvert, Margaret processes her thoughts best through writing. Therefore, she has committed to making time to journal every night for two weeks. This will help her recognize her patterns of behavior and reflect on what she could have said and done differently.
2. In addition to reflecting on her own behavior, Margaret wants to also write a letter to Jenny. She thinks that Jenny needs to hear some words of encouragement and affirmation in the midst of all of the hurt she has been feeling from her friends. But to push herself, she also wants to address her concerns about Jenny's behavior, painting a picture of both the immediate and long term consequences if she continues to be so mean to others.
3. Margaret has found that she is reluctant to discipline Jenny for her behavior for fear of making her angrier or damaging their relationship, but she knows that as a parent, she needs to set boundaries and expectations. The next time Jenny breaks a rule or does something inappropriate, Margaret will address the infraction directly, explaining why the behavior is not acceptable, and remove her access to social media (phone and iPad).

1 My #1 Complaint is...
I'm super frustrated about how things
are going with my teenager

My complaint reveals what really matters to me.



2 I value, or care about...
Growing great kids

Why? I want to do everything I
need to do to set her up for
happiness & success



5 In order to protect myself
 from the downside of these
Section 4 Challenges, what I
 tend to do is....

- Put off the hard conversations
- I try to keep things positive
- I avoid the topic

These behaviors show me that I may
 also value or be committed to...

My own comfort

3 What I could do, that I am not
 currently doing, to more fully
 realize these **Section 2** Values is...

Have the hard conversations



4 What I worry, fear, or resist most
 about taking this kind of **Section 3**
 Responsibility is...

Awkwardness

Rejection

and the big, bad version of these
 worries, fears, or resistance is...

I lose influence with my own kid

She comes off the rails

Bigger-Me
 Growth Gap
 Smaller-Me

GO Statement:

Over the next year, I want to be better at
 doing what I can do to set my daughter up
 for success and happiness, and not be held in
 place by my own comfort.

Small Steps:

1. Every night for the next 2 weeks, journal about
 what happened that was frustrating, what led to
 it, and what I could have done differently.
2. By Monday, write a letter expressing the great
 things I see in her, what I hope for her, and my
 concerns about the path she's on.
3. The next time she breaks the rules, tell her
 immediately and directly what she did why it was
 wrong, and take away her phone and iPad.