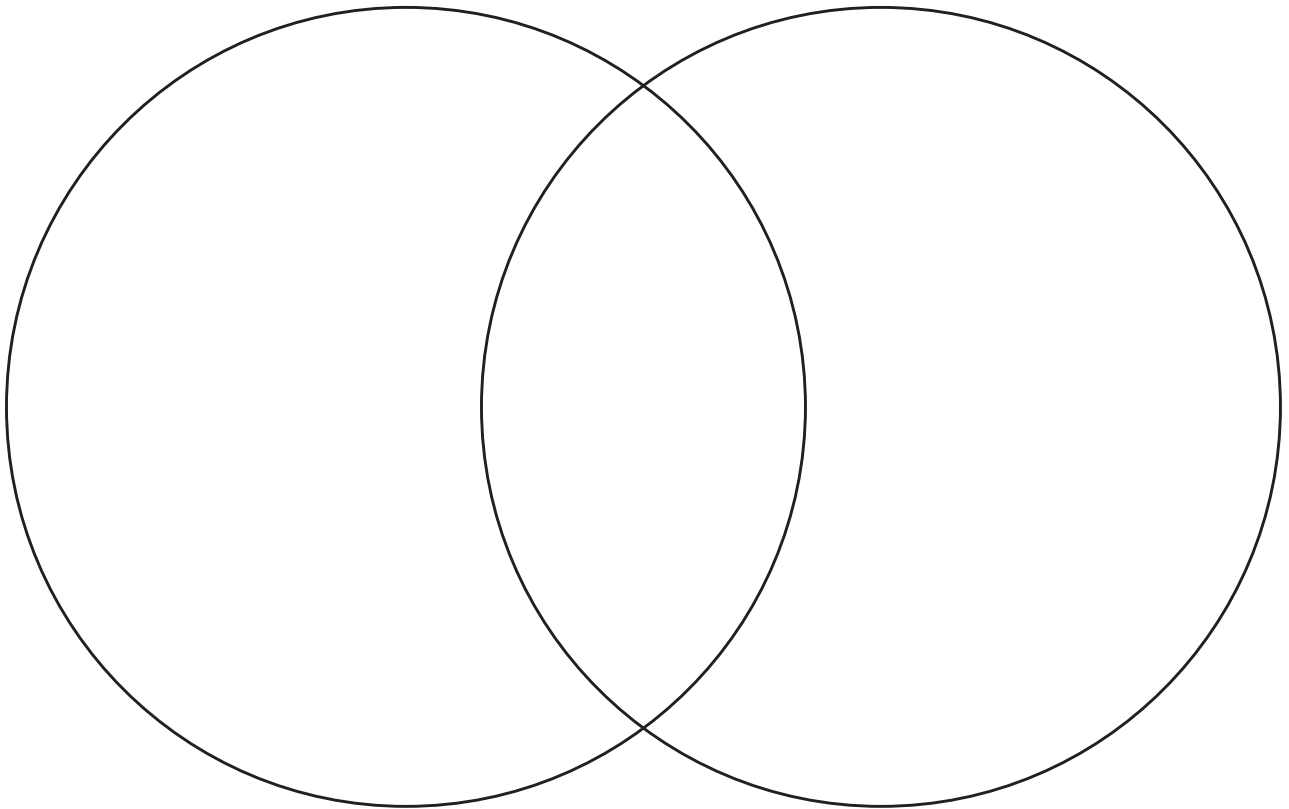


# FINDING COMMON GROUND WITH YOUR TEEN

The two circles represent you and your teenager. Fill in the diagram using information from the chart you completed on the previous page. For example, if social media is a much bigger challenge for your teen than it was for you, write “Social Media” in the part of your teen’s circle that’s unique to them. Likewise, if you and your teen are both ambitious, write “Ambition” in the area where your circles overlap.



# TAKE IT HOME

Your first step in spending quality time with your teenager is finding the time to spend. On the planner page below, write out a typical daily schedule for yourself, from the time you wake up to the time you go to bed.

In the space below, write some specific ideas for adjusting your daily schedule to open up more time to spend with your teen. In some cases, it might mean cutting back in some area (say, screen time) and using the time saved to devote to your teen—perhaps in the form of a hobby or bike ride. In other cases, it might mean finding ways to include your teen in certain activities. For example, you might start exercising or cooking meals together. With a little creativity and sacrifice, you can find a surprising number of ways to spend more quality time with your teenager.

## DAILY PLANNER

### SCHEDULE

6:00 AM

---

7:00 AM

---

8:00 AM

---

9:00 AM

---

10:00 AM

---

11:00 AM

---

12:00 PM

---

1:00 PM

---

2:00 PM

---

3:00 PM

---

4:00 PM

---

5:00 PM

---

6:00 PM

---

7:00 PM

---

8:00 PM

---

9:00 PM

---

# HOW MUCH WOULD IT MEAN?

Below you'll find a list of acts of service. Rate each one on a scale of one to ten, based on how meaningful you think it would be to your teenager (with one being "not meaningful at all" and ten being "extremely meaningful"). We've left two slots blank for you to fill in with ideas that are specific to your family. After you've rated them all, talk to your teen about them. Get his or her reaction. Compare your numbers and talk about areas where there are notable discrepancies.

ACT OF SERVICE	YOU	TEEN
Choosing paint colors for your teen's room and painting it together		
Preparing study aids to help your teen study for a big test		
Dropping whatever you're doing to deliver a uniform that your teen forgot		
Taking your teen to his or her favorite restaurant to celebrate his or her birthday		
Doing your teen's least favorite household chore when he or she is busy		
Teaching your teen how to fix a flat tire		
Providing special care for your teen when he or she is sick		
Waking up early to make a surprise breakfast for your teen		
Volunteering for a community project together		
Washing your teen's car		
Making your teen's lunch before school		

# TAKE IT HOME

Dr. Chapman says the first step in **“breaking destructive patterns and establishing loving patterns of anger management”** is to **“admit the truth.”** Here’s your chance to do so. In the space below, write your admission of how you’ve mismanaged your anger in the past. Talk about how you plan to change. Include a strategy for what you want your family to do if you fall back into your old habits.

After you share your admission with your family, keep this page where you can see it often—ideally, next to a picture of your teen. Let it serve as a reminder of what you’re working for.

# TAKE IT HOME

Dr. Chapman writes that one statement he hears frequently from single parents is **“Will someone please help me? I’m not sure I can do this by myself.”** Nor should anyone have to. If you’re a single parent, you need a team of people who care about you and your child—a support group you trust. No one can assemble that team for you because you have the final say on who you will allow to influence your child. Listed below, you’ll find some possibilities to consider. (Add your own ideas in the blank spaces.) On a scale of one to ten, rate how feasible or advisable it would be to enlist each for your support team. Write a brief explanation for each rating, along with any ideas for making that person a more feasible helper.

PERSON	RATING	COMMENT
Parent(s)		
Sibling(s)		
Grandparent(s)		
Aunt(s)/Uncle(s)/ Cousin(s)		
Friend(s)		
Coworker(s)		
Neighbor(s)		
Pastor/Spiritual Leader(s)		
Your Ex-in-Law(s)		