

Decision-making Process-Parents of Teens

Parents can build this resilience skill with their children by asking key questions without making it seem like it's an exercise. This is a guidance sheet for parents to consult as you help your teens learn good decision-making skills without them realizing you are helping them learn to use these skills. Use this to empower teens to gain their voice and autonomy from their coercive controlling parent. Become a master at guiding your children to think critically about their problems and life decisions without them realizing your role in helping them and creating resistance with the coercive controlling parent.

To help a teen navigate this process, I have organized the questions into a logical sequence. Think of this as a journey from the initial "spark" of a problem to the final "action plan."

Hint: This process can be used by adults making decisions for themselves or with other adults.

<p>Identify the problem</p> <ul style="list-style-type: none"> A. State the problem clearly so that both parties understand exactly what the decision will be about before you move to the next step. B. Determine if there are any emotional issues connected with the problem. If there are emotional connections, determine how you will address the emotional connections. C. If there are emotional connections, determine how you will address the emotional connections. 	<p>Questions to guide problem identification</p> <ol style="list-style-type: none"> 1. What is the most important issue of concern? 2. What, if any, are the emotional pulls connected to the issue? <p><i>Self-check:</i> What emotional concerns are currently unheard or being ignored?</p> <ol style="list-style-type: none"> 3. How do you want to address these emotional pulls? 4. Are you making this choice because you <i>want</i> to, or because you feel like you <i>should</i>?
<p>Brainstorm multiple solutions</p> <ul style="list-style-type: none"> A. Create more than one option for how to solve the problem without placing any judgments on any options. B. Maintain an open mind while all options are explored. C. If there is money to be allocated, both parties must agree on the maximum amount to be allocated. 	<p>What are some solutions you have thought about to solve the issue?</p> <ol style="list-style-type: none"> 1. Without placing any judgments or preferences based on input from others, what solutions have you considered? 2. What options have you explored without any influence from others? 3. What facts have you gathered for each possible solution? 4. Who do you need to consult with who might be impacted by this? 5. What are the financial parameters to consider with each option? 6. What are the pros and cons of each solution? 7. What is the financial bottom line you have set to follow?

<p>Together, explore multiple solutions</p> <ol style="list-style-type: none"> A. It is important for both parties to be involved in all explorations of solutions. B. Discuss pros and cons for each solution identified. C. If there is a difference of opinion, discuss options for resolving these differences. D. Gather all the facts for each solution before coming to a final decision. 	<p>Based on everything you have explored, what are the facts you have considered after taking into consideration emotional responses</p> <ol style="list-style-type: none"> 1. How have you used effective communication skills to hear and respond to any emotional concerns from either party? 2. What solutions have you eliminated that fail to align with facts and agreements? 3. What are your top two or three options? 4. What have you decided to do based on everything you have considered?
<p>Make your decision based on facts after considering any emotional responses</p> <ol style="list-style-type: none"> A. Use effective communication skills to hear and respond to any emotional concerns from either party. B. Eliminate solutions that do not align with facts and agreements. C. Narrow choices to your top two or three options. D. Make your final decision together based on everything in the prior steps. 	<p>Take into account the 10-10-10 Rule:</p> <ol style="list-style-type: none"> 1. How will you feel about this in 10 minutes? 10 months? 10 years? 2. Alignment: How does this choice align with the person you want to be a year from now? 3. Elimination: Which solutions fail to align with the facts or your personal values?
<p>Review and confirm your decision with each other before making a final commitment</p> <ol style="list-style-type: none"> A. Identify any emotional concerns that have not been heard and responded to appropriately. B. Confirm that the dollar amount allocated is acceptable based on the facts you have discovered. C. If a dollar amount is not part of the issue, confirm that you both agree on the solution. 	<p>Let's review and confirm this is the best decision for you before making a final commitment.</p> <ol style="list-style-type: none"> 1. What identified emotional concerns are unheard or have been missed being responded to appropriately? 2. What have you confirmed that this is doable for you or other parties involved?
<p>Final confirmation before taking action</p> <ol style="list-style-type: none"> A. Final Review: Does this feel like the best decision for <i>you</i> before you commit? B. Carry out your joint decision. 	<p>How do you plan to carry out your decision?</p> <ol style="list-style-type: none"> 1. How doable is this for you and the other parties involved? 2. How do you plan to carry out your decision? (What is Step 1?)