

Personal Growth Concepts™

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Q&A Forum - Review

Adolescent Struggles

Fellow Q&Aers,
Greetings!

We have designed an Anger Management Program which is now being offered at Personal Growth Concepts. It features a well thought out program to teach clients about their anger and to develop healthier ways of dealing with frustrating situations. If you would like a brochure and/or

I want to call your attention to my website, www.personalgrowthconcepts.com and to the new item on the pull down menu called "What's in a Good Marriage." There's also a short article entitled "What's in a Good Marriage," for those of us still trying to figure it out. Just to

A special thank you to Janice, Anne and Barbara who provided our bonuses for this Q&A.

Now to our Q&A:

Q: John, hi. my question.. even though Sarah [name changed to protect identity] is my 5th child, she is by far the hardest. She just turned 17 and she got in a car with someone that SHE didn't know, but that her friend did. I had no idea till I saw them take off. My heart dropped. They were going to see her, so then someone else got her and I told her she had to come inside. Very very angry. Slamming doors and yelling she hates this church. See what their perception of her ability to make good decisions for her self and to accept responsibility. Others' perceptions make it so much harder for her. She does go to a church youth group on Sat evenings, so that is good. It is just so frustrating. Thanks.

A: I am sorry that this answer is not timely. I do hope my thoughts will still prove helpful to you now. Each child is different and presents different challenges. While I am sure you will disagree, this appears to be a normal adolescent issue - pushing the limits, pushing the parent to the limit. I think you can work on accepting her anger and maintaining your boundaries at the same time. If you need her to be a certain way. Stick to your role. Perhaps there is some area where you can let her handle more responsibility than she is capable of, to prove to herself. See what their perception of her ability to make good decisions for her self and to accept responsibility. Others' perceptions make it so much harder for her. Children mature at different levels and it is the parents job to figure out what to do.

Quote: When a man does not know what harbor he is making for, no wind is the right wind. - Seneca

bonus 1

MESSAGE FROM GOD:

One day God was looking down at Earth and saw all of the rascally behavior that was going on. He decided to send an angel down to Earth to see how things were going. The angel reported that only 5% are not good." God thought for a moment and said, "Maybe I had better send down a second angel to get another opinion." So God sent another angel. The second angel reported that 5% are being good." God was not pleased. So He decided to E-mail the 5% that were good, because he wanted to encourage them. Give them a bonus.

Just wondering, I didn't get one either.....!

bonus 2

Why English Teachers Die Young: actual analogies and metaphors found in high school essays:

1. Her face was a perfect oval, like a circle that had its two sides gently compressed by a Thigh Master.
2. His thoughts tumbled in his head, making and breaking alliances like underpants in a dryer without Cling Free.
3. He spoke with the wisdom that can only come from experience, like a guy who went blind because he looked at a solar eclipse without a pinhole in it.
4. She grew on him like she was a colony of E. coli and he was room-temperature Canadian beef.
5. She had a deep, throaty, genuine laugh, like that sound a dog makes just before it throws up.
6. Her vocabulary was as bad as, like, whatever.
7. He was as tall as a six-foot-three-inch tree.
8. The revelation that his marriage of 30 years had disintegrated because of his wife's infidelity came as a rude shock, like a surcharge-free ATM.
9. The little boat gently drifted across the pond exactly the way a bowling ball wouldn't.
10. McBride fell 12 stories, hitting the pavement like a Hefty bag filled with vegetable soup.
11. From the attic came an unearthly howl. The whole scene had an eerie, surreal quality, like when you're on vacation in another city and the power comes on at 7:00 p.m. instead of 7:30.
12. Her hair glistened in the rain like a nose hair after a sneeze.
13. The hailstones leaped from the pavement, just like maggots when you fry them in hot grease.
14. Long separated by cruel fate, the star-crossed lovers raced across the grassy field toward each other like two freight trains, one heading toward Cleveland at 6:36 p.m. traveling at 55 mph, the other from Topeka at 4:19 p.m. at a speed of 35 mph.

15. They lived in a typical suburban neighborhood with picket fences that resembled Nancy Kerrigan's teeth.
16. John and Mary had never met. They were like two hummingbirds who had also never met.
17. He fell for her like his heart was a mob informant and she was the East River.
18. Even in his last years, Grandpappy had a mind like a steel trap, only one that had been left out so long, it had rusted shut.
19. Shots rang out, as shots are wont to do.
20. The plan was simple, like my brother-in-law Phil. But unlike Phil, this plan just might work.
21. The young fighter had a hungry look, the kind you get from not eating for a while.
22. He was as lame as a duck. Not the metaphorical lame duck, either, but a real duck that was actually lame, maybe from stepping on something.
23. The ballerina rose gracefully en pointe and extended one slender leg behind her, like a dog at a fire hydrant.
24. It was an American tradition, like fathers chasing kids around with power tools.
25. He was deeply in love. When she spoke, he thought he heard bells, as if she were a garbage truck backing up.
26. Her eyes were like limpid pools, only they had forgotten to put in any pH cleanser.
27. She walked into my office like a centipede with 98 missing legs.
28. It hurt the way your tongue hurts after you accidentally staple it to the wall.

bonus 3

If You Think You Aren't Good Enough

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The next time you feel like GOD can't use you, just remember...

Noah was a drunk
 Abraham was too old
 Isaac was a daydreamer
 Jacob was a liar
 Leah was ugly
 Joseph was abused
 Moses had a stuttering problem
 Gideon was afraid
 Sampson had long hair and was a womanizer
 Rahab was a prostitute
 Jeremiah and Timothy were too young
 David had an affair and was a murderer
 Elijah was suicidal
 Isaiah preached naked
 Jonah ran from God
 Naomi was a widow
 Job went bankrupt
 John the Baptist ate bugs
 Peter denied Christ
 The Disciples fell asleep while praying
 Martha worried about everything
 The Samaritan woman was divorced, more than once
 Zaccheus was too small
 Paul was too religious
 Timothy had an ulcer..

AND

Lazarus was dead!

What do you have that's worse than that?
 So no more excuses!

God can use you to your full potential.
 Besides you aren't the message,
 you are just the messenger.

end of bonuses

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