



Ending the Parent-Teen Control Battle: Resolve the Power Struggle and Build Trust, Responsibility, and Respect

Neil D. Brown

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Power struggles between parents and teens are nothing new, but what really drives the conflicts that become a constant battle for control? According to psychotherapist Neil Brown, these struggles occur as the result of a dysfunctional family control dynamic. Chock-full of easy-to-use evidence-based tools, this book will help you end the tug-of-war with your teen and foster a peaceful and loving home environment.

In virtually all families, there are moments when teens are unhappy with parental limits, rules, and requests—as well as times when those kids are disobedient or noncompliant, or get caught up in the moment and make bad decisions. But the parent-teen control battle goes beyond this; it's a chronic relationship pattern that uses up the family's emotional resources and can seriously impact child identity, self-esteem, and development, and cause stress for everyone around. This book offers a thorough understanding of the control battle and a clear prescription to end it.

With *Ending the Parent-Teen Control Battle*, you'll learn about the three elements that support this chronic conflict—reactivity, negative emotional tone, and being “other-person oriented”—and discover the two key changes that can be made to address the underlying issues, allowing you to move toward a more positive way of seeing your teen and working on behavioral change. Using tools based in structural family therapy (SFT), which targets the core relationship pattern driving the control battle, you'll be able to address specific issues and create a healthier pattern.

If you're tired of the constant battle for control and you're ready to cultivate a more loving, peaceful, and supportive environment for the whole family, this book has the skills and understanding you need to be successful, no matter what you and your teen face.

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