

The Ten Keys to Changing Teens/Families

- **Connection:** all change is based in emotional connection not power.
- **Family Fun Night:** no discussions of struggle, 100% pure **connection**
- **Emotions:** Monitor yours, they are the #1 tool used to **manipulate!**
- **Modeling:** It is your strongest **teacher!** Stay calm no matter what!
- **Family Emotional Check Night:** Express your **emotions** and make your family more emotionally healthy.
- **Remember The Wall:** **Internal values and goals** , work smarter not harder.
- **Resistance Assessment:** Now you can intervene more effectively!
- **Accountability:** **Follow through** on your structure no matter what!
- **Keep Your Power:** Do not put intervention in others hands
- **Teens=Crazy** They are **crazy!** Remember No frontal lobes!