



Should I TIGHTEN or LOOSEN my grip?

IS MY CHILD OR TEEN IN IMMEDIATE DANGER?

YES

TIGHTEN YOUR GRIP AND EXPLAIN WHY.

AND

NO

LOOSEN

AND

DO I HAVE A NAGGING FEELING THAT SOMETHING ISN'T QUITE RIGHT?

YES

TALK TO YOUR CHILD OR TEEN. ARE THEY CONCERNED TOO?

YES

JUST LISTEN. THEN MAKE A PLAN TOGETHER. TIGHTEN OR LOOSEN AS NEEDED!

AND

AND

NO, BUT I KNOW THERE'S A PROBLEM

NO

IS THE SITUATION GOING TO IMPROVE IF I PERSIST IN THE MOMENT?

NO, EMOTIONS ARE HIGH

YES, MY CHILD OR TEEN AND I ARE BOTH CALM.

IS THE PROBLEM AFFECTING MY RELATIONSHIP WITH MY CHILD OR TEEN?

NO

TIGHTEN. WORK TOGETHER TO CREATE A PLAN WITH SPECIFIC SOLUTIONS.

YES

LOOSEN. WORK ON THE RELATIONSHIP. BRING IT UP LATER WHEN YOU ARE BOTH CALM AND FEELING CONNECTED.

AND

TRUST YOUR GUT, INVEST IN THE RELATIONSHIP, AND LOVE MORE. ❤️