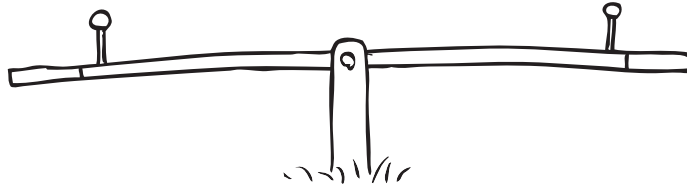


Dialectical Dilemmas: How Does the Dilemma Apply to You?

Too loose



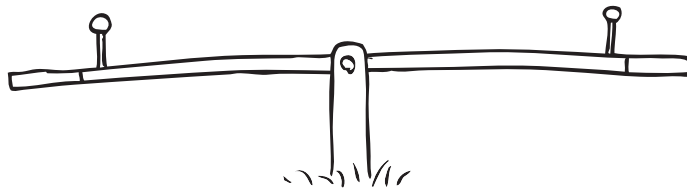
Too strict

Have clear rules and enforce them consistently

AND AT THE SAME TIME

Be willing to negotiate on some issues and don't overuse consequences

Making light
of problem
behaviors



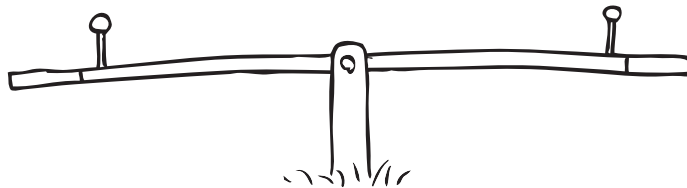
Making too
much of typical
adolescent
behavior

Recognize when a behavior "crosses the line" and get help for that behavior

AND AT THE SAME TIME

Recognize which behaviors are part of typical adolescent development

Forcing
independence



Fostering
dependence

Give your adolescent guidance, support, and coaching to help figure out how to be responsible

AND AT THE SAME TIME

SLOWLY give your adolescent greater amounts of freedom and independence while continuing to encourage an appropriate amount of reliance on others

Place an "X" on each continuum to note where you are, a "Y" where your family member is, and a "Z" for a second family member.

What do you need to do to think and act more dialectically?