

How to Deal with Difficult Parents

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S O U T H E A S T
P S Y C H O L O G I C A L
S E R V I C E S

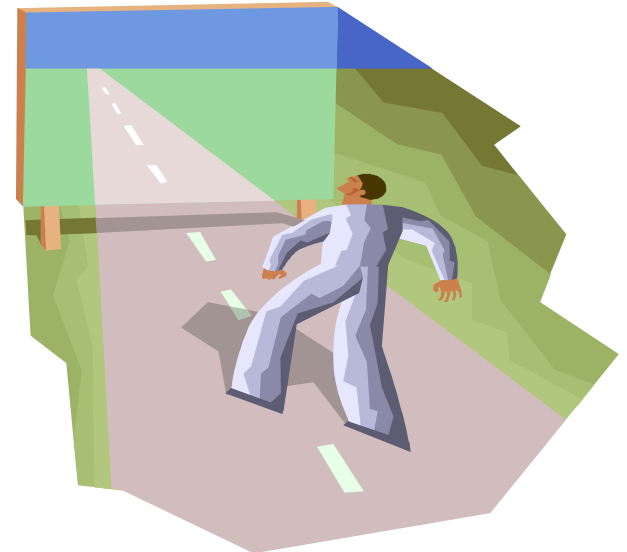
Introduction

- Southeast Psychological Services
Whole People, Whole Families™



Reality Check!

- What's the deal with today's parents?
- They are doing the best they know how
- Dealing with yourself!



You Have A Tough Job...

- My wife...
- Parents get angry as do we, however...
- The swami and the snake



Soothing the Savage Beast

Never let Em See You Sweat...

- Lower your voice (we get nervous, we get loud)
- Increase your movement (clean your room, put things away on your desk, etc...)
- Close the gap (lean forward, clasp hands)
- The “Eyes” have it (you are listening, confident)



The Best Way to Charm

- Authentic – make it real
- Immediate – close not late
- Specific – name it
- Clean – no expectations
- Private – no audience



The Owl Doesn't Just Screech!



A wise old owl lived in an oak. The more he saw, the less he spoke. The less he spoke, the more he heard. Why can't we be like that old bird?

The 90/10 Rule!

Do You Know Yourself?

