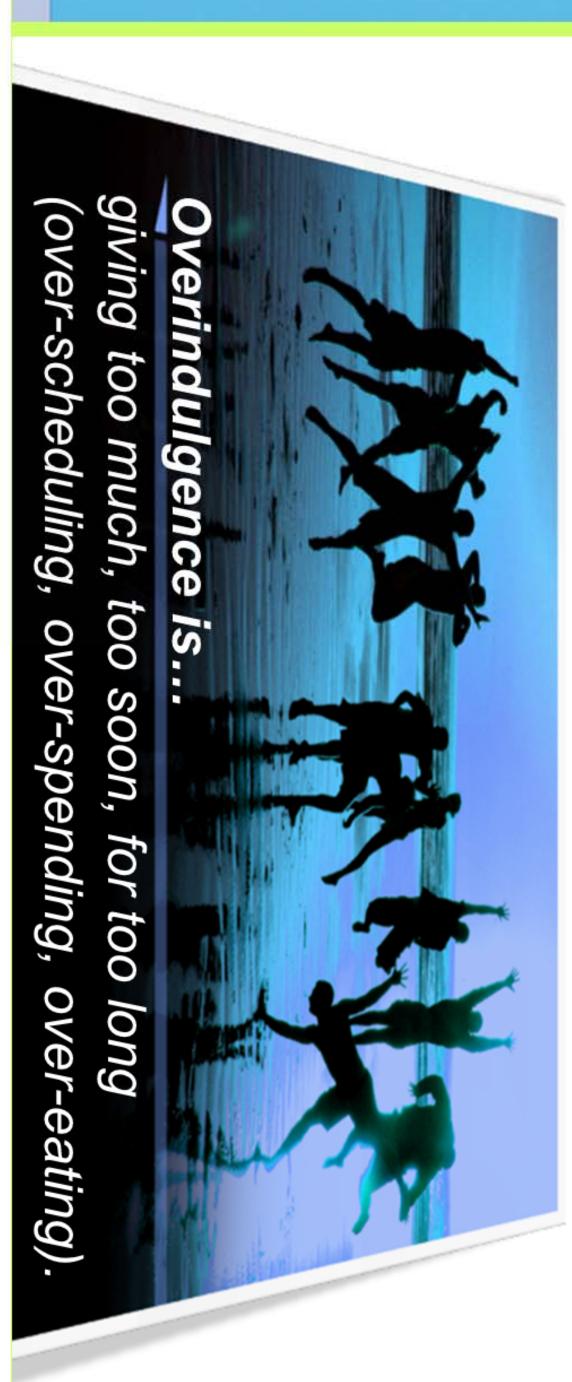
## 

Raising Balanced Teens in an Age of Overindulgence





confident, be balanced & make good choices. Overindulgence is the opposite of balance. Parents want their teen to feel healthy,

## Why We Overindulge Our Teens?

- (teen = sense of entitlement, parent = not appreciated). Lack of Information – We don't understand how actions affect the future
- Lack of Boundaries Saying 'no' teaches boundaries Lack of Balance We fill our days from edge to edge for balance ('down time', relaxation). to edge & do not leave room
- have choices. You always have a choice. Lack of Power - When we constantly state "I have to..." we forget that we
- We make decisions with our heart (out of guilt, fear or exhaustion)
- instead of our head (saying 'no').
  Need for Control "Things will get done right if I do them." Let teens take responsibility for their actions & Need for Comfort & Security – We use food, let them fail.
- other things as a way to get instant relief to deal with feelings. shopping or

Overindulgence creates teens with poor decision making skills, are dependent on others, feel entitled & struggle with low self-esteem.

## How to Avoid Overindulgence Ask yourself these 5 questions

- 1. What do you want for your teen? What are your goals?
- 2. What are your reasons for overindulgence?
- 3. What are your costs of overindulgence? Tired, irritable, lack of affection, unappreciated.
- 4. What are your rewards for overindulging? set boundaries, you like comfort now, easier to say 'I control, don't like to say no, it takes time to Familiar & heart decisions are easier, you like have to' than make a choice.
- 5. What is your creative solution? avoid - face reality & focus on your choices. control, prioritize, schedule free time, Get informed, I isten to your head, let go of don't



For more information or support, contact your local Information adapted from www.drkaryn.com. Mental Health & Addiction Services

