

Communication Blocks			
Block	Example:	Parent's Intention	What It Really Says to the Teen:
Commanding	<i>"What you should do is... Stop complaining"</i>	To control the situation and provide quick solutions.	<i>You don't have the right to decide how to handle your own problems.</i>
Giving Advice	<i>"I've got a really good idea..." "Why don't you..."</i>	To solve the problem for the teen	<i>You don't have the good sense to come up with your own solutions.</i>
Placating	<i>"It isn't as bad as it seems." "Everything will be okay."</i>	To take away the teen's pain; to make her feel better.	<i>You don't have a right to your feelings. You can't handle discomfort</i>
Interrogating	<i>"What did you do to make him..."</i>	To get to the bottom of the problem and find out what the teen did wrong.	<i>You must have messed up somewhere</i>
Distracting	<i>"Let's not worry about that." "Let's ..."</i>	To protect the teen from the problem by changing the subject.	<i>I don't think you can stand the discomfort long enough to find a real solution</i>
Psychologizing	<i>"Do you know why you said that?" "You're just being oversensitive"</i>	To help prevent future problems by analyzing the teen's behavior and explaining his motives.	<i>I know more about you than you know about yourself. Therefore, I'm superior to you."</i>
Sarcasm	<i>"Well, I guess that's just about the end of the world."</i>	To show the teen how wrong her attitudes or behavior are by making her feel ridiculous	<i>You are ridiculous</i>
Moralizing	<i>"The right thing to do would be to..." "You really should."</i>	To show the teen the proper way to deal with the problem.	<i>I'll choose your values for you.</i>
Know-it-all	<i>"You know what you should do?" "I'll tell you."</i>	To show the teen that he has a resource for handling any problem--you.	<i>Since I know it all, you must know nothing.</i>

