

Surviving Your Adolescents

How to Manage and *Let Go Of* Your 13-18 Year Olds

Thomas W. Phelan, Ph.D.

Table of Contents

Introduction	1
PART I: A DIFFERENT PLANET	
1. Adolescence in America	9
2. What's Normal?	13
3. Is It Serious?	23
PART II: COMMUNICATION AND SAFETY	
4. Risky Business	33
5. The Four Cardinal Sins	39
6. Getting Along	47
PART III: PROBLEMS!	
7. Midlife Parent	63
8. Understanding Your Job	75
9. Observer	79
10. Advisor	83
11. Negotiator	89
12. Director I: The Major/Minor System	95
13. Director II: Evaluation and Counseling	101
14. Managing Risk Taking	115
PART IV: EMOTIONAL BLACKMAIL	
15. Testing and Manipulation	127
16. Managing Testing and Manipulation	135
PART V: HOUSE RULES	
17. Guidelines for Specific Problems	145
18. SYA in Action	161
PART VI: THE FUTURE	
19. Ten Years from Now	175

www.parentmagic.com

1-800-442-4453