hello

Nick Thompson, LCSW
Risk Taking
Identity Formation
RISE
Social Reorientation
Emotional Intensity
Dear Parents,

Here are some suggestions on how you can support your child as they RISE (Risk Taking, Identity Formation, Social Reorientation, Emotional Intensity)
- Check in with us, ask us how we are doing
- Support no matter what
- Set aside past mistakes
- Express concern, but do not attempt to control us
- Offer but don’t insist
- Tell us you are proud of us for the littlest of things
- Focus on the positive, and not the negative

- E, 15
Let us start being who we want to be. It’s only fair that you let us be ourselves. Show unconditional love.

-S, 15
I’d appreciate if adults gave adolescents the same respect that they ask for.

-A, 16
...actually listen to our problems and let us talk it out instead of always trying to fix it... give us the tools you think are necessary to be a productive member of society... be a constant in our lives and be our rock.
Give us space to RISE but at the same time don’t think we don’t need you.

-X, 16
Know that we have more common sense than you know... Let us know that we can come to you for help in any situation.

-J, 15
Don’t preach, don’t judge, sometimes you have to just listen.
-E, 15
Us adolescents go through a lot, we need adults by our side, especially during hard times.

-J, 18
Don’t break us down, just try to build us up.
-C, 16
We are not an alien life form.

- T, 15
I’m trying to do everything I can to be successful, it’s hard and challenging, but I’ll get there. Just please stop deciding what my life is going to be like before I even get there. I will find out all in good time.

-J, 17
Encourage us to take healthy risks... you can influence our decisions but not make them for us.

-K, 15
We are still working on ourselves, and that’s OK.

-G, 16
Be there to back up our dreams. Support is the biggest factor in allowing us adolescents to RISE.

-J, 18
Encourage us to do something we wouldn’t normally do... Embrace our individuality because during adolescence we are scared of standing out... Encourage us to go out, meet new people, and encourage friendships... with emotions, just help us deal with one thing at a time and PLEASE be patient. We don’t do this on purpose.

-M, 16
It sounds outrageous but I seem to learn best when I do it the wrong way.

-B, 15
I know when I have messed up. I don’t need to be reminded all the time.

-D, 17
A conversation is a lot more helpful than a lecture.  -D, 15
In the end, we are just trying to find ourselves. Just like you did when you were adolescents.

-B, 17
Support through the intense emotions and the frustration, through the mood swings, through the dumb decisions, through all the things we will do without a reason, and all the friend drama we will go through. Support us no matter what.

-S, 15
When we mess up, when we break down, when we give up, when we can’t even... Just be there for us. No solving, no I told you so. Just listen and be there for us.

- J, 16
Listen
Support
Encourage
BEHAVIORAL CHANGE
STAIRWAY MODEL

TIME

ACTIVE LISTENING

EMPATHY

RAPPORT

INFLUENCE

BEHAVIORAL CHANGE
ACTIVE LISTENING

Open-ended Questions

Presence

Emotional Labeling

Reflections

Affirmations
Most people do not listen with the intent to understand; they listen with the intent to reply.

Stephen R. Covey
DUDE, WTF?
CALM IS

CONTAGIOUS
FOCUS ON THE MESSAGE.

(Not the medium).
I NEED TO BELONG
I WANT INDEPENDENCE
I WANT TO TAKE RISKS
I’M TRYING TO FIGURE OUT WHO I AM
I’M GOING TO CHALLENGE MY PARENTS
I WANT ATTENTION (+/-)
I’M AVOIDING SOMETHING
I’M HURTING
I’M OVERWHELMED
I’M SCARED

THE MESSAGE
ANXIETY
Mind racing?

Dizzy, disoriented, lightheaded?

Vision strange, blurry?

Possible sleep disturbance?

Difficulty in swallowing?

Feeling breathless, breathing fast & shallow?

Heart racing, palpitations?

Nausea / lack of appetite?

Trembling?

Restless?

Sweating or shivering?

Jelly-like legs?

Wanting to run?
FALSE ALARM
COPING SKILLS
FIND THEM FEEL THEM
Anger | Fear | Disgust | Happiness | Sadness | Surprise | Neutral
--- | --- | --- | --- | --- | --- | ---

Anxiety | Love | Depression | Contempt | Pride | Shame | Envy
GROWTH MINDSET
- I can try a different strategy.
- Is this really my best work?
- This may take some time and effort.

FIXED MINDSET
- I can’t do this.
- This work is good enough.
- This is too hard.
i lobe you
4 - They Can Do It Independently
3 - You Watch Them Do It
2 - You Do It With Them
1 - You Do It For Them
SELF-EFFICACY IS

"The belief in one's capabilities to organize and execute the courses of action required to manage prospective situations" - Albert Bandura
FAILING vs BEING A FAILURE

an event vs a mindset
temporary vs permanent
shows you stretch the limits vs shows you gave up
opportunity to learn vs end of learning
LOBSTER DINNER

We're doing regular "Lobster Dinners." I got 5 of these cheesy plastic lobsters - one for each member of our family including my husband and me. Weekly, but we reserve the right to adjust the day if someone needs to "lobster up"! :) The deal is, everyone starts with a lobster at their place setting and when it's their turn, they get to put the lobster in the basket in the middle of the table and talk about some challenge/stress/adversity that they're having now (or in the past) and how it's making them grow.
YOU'VE GOT THIS
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QUESTIONS
CONCERNS
COMPLIMENTS
PRAISE THE PROCESS
Compliment

Character
THE BIG 7

Grit
Optimism
Zest
Self-Control
Gratitude
Curiosity
Social Intelligence
Feeling Stressed? Start with the Basics
Focus On Your SCORE
Sleep Consumption Outdoors Relationships Exercise
Sleep Vow
BUILD A TRIBE OF

RESPONSIBLE CARING ADULTS
I hate you
Children have never been very good at listening to their elders, but they have never failed to imitate them.

— James A. Baldwin
THE NICK THOMPSON PODCAST

Thank You!