

Teenager's Anger

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1. Parental Self Control

- ✓ It is extremely important that as parent exhibit emotional self control.
- ✓ Excessive and uncontrolled anger will make it difficult for teenagers to come to you.



1. Parental Self Control

- ✓ Emotional overreaction tends to cause your adolescent to respect you less.
- ✓ Losing your cool tends to push your teen into the influence of others. Especially peers.



2. Maintaining Self Control

- ✓ To maintain a healthy relationship with your teenager and keep communication open, you need to be in good control of yourself.
- ✓ This may involve apologizing to a son or daughter for overreacting and asking for forgiveness.
- ✓ This approach prevents many disaster.



2. Maintaining Self Control

- ✓ It actually strengthens and sweetens a parent – teenager relationship.
- ✓ The more pleasant you are with your teenager, the firmer you can afford to be in setting limits in discipline.
- ✓ If needed go for an Anger therapy. Make yourself fit for a parent of a teenager.



3. Ways to improve your - self control

- ✓The ability to handle anger is influenced by many things.
- ✓The First one is your Spiritual Life. That is your communication between you and God



3. Ways to improve your - self control

✓ Second one is your physical condition.

- 1) Take care of your food.
- 2) A regular exercise program.
- 3) Special time alone.



4. Teenage Anger

- ✓ Some men are extraordinarily angry.
- ✓ Excessive and overreactive anger is an enemy of parents seeking to relate to their teenager.



4. Teenage Anger

- ✓ Most parents assume that their teenagers don't need their love and affection as they need as small children.
- ✓ We parents must always stand available and ready to love and nourish them especially during teenage years.



4. Teenage Anger

- ✓ Many parents assume that anger in a teenager is bad or abnormal and they should not allow their children to express it.
- ✓ “Train up a child in the way he should go and when he is old, he will not depart from it.”
(Proverbs 22:6)



4. Teenage Anger

- ✓ Anger is normal and occurs in every human being. The problem is not the anger but how we manage it.
- ✓ Passive – Aggressive Behaviour
- ✓ It is important to know passive – aggressive child does not do these things consciously or purposefully.



5. Anger Ladder

- ✓ Pleasant behaviour
- ✓ Seeking resolution
- ✓ Focusing anger on source only
- ✓ Holding to the primary complaint
- ✓ Thinking logically and constructively
- ✓ Unpleasant and loud behaviour
- ✓ Displacing anger to sources other than the original

- ✓ Cursing
- ✓ Expressing unrelated complaints
- ✓ Throwing objects
- ✓ Destroying property
- ✓ Verbal abuse.
- ✓ Emotionally destructive behaviour.
- ✓ Physical abuse
- ✓ Passive – aggressive behaviour

5. Anger Ladder

- ✓ As parents we should be good examples in proper expressions of anger.
- ✓ Determine what improvement you want for your teenager.
- ✓ After both of you calmed down and the atmosphere is pleasant, you can talk.



5. Anger Ladder

- ✓ Compliment and praise your teenager in the areas of expressing anger that he/she did correctly.
- ✓ Help your teenager take the next step up the anger ladder.
- ✓ Remember, this is a five- or six-year project and a teen can take only one step at a time.

Be patient.



5. Anger Ladder

- ✓ So, we parents must “nip it in the bud” if the anger is based on misunderstanding.
- ✓ If your teenager has a disrespectful attitude towards you most of the time, then it is good to get a **professional help**.

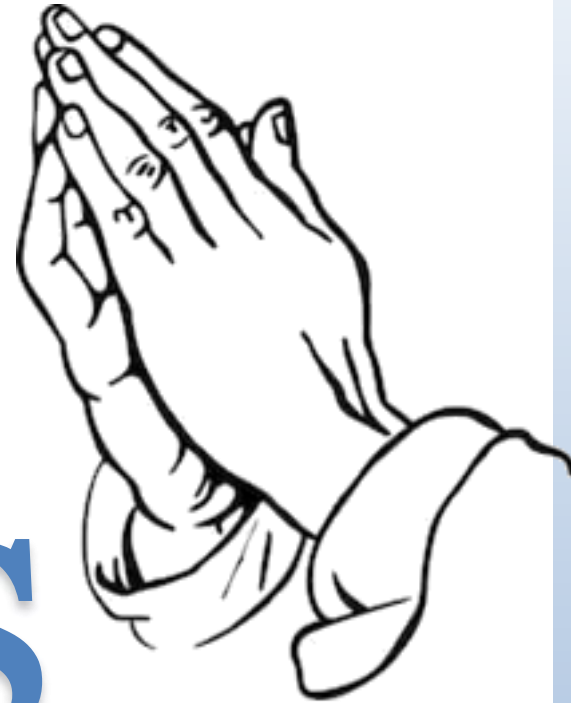


Teenager's Anger

- ✓ Parental Self Control
- ✓ Maintaining Self Control
- ✓ Ways to improve your - self control
- ✓ Teenage Anger
- ✓ Anger Ladder



Self Analysis



James 1:19

**“You have knowledge of this, dear brothers.
But let every man be quick in hearing,
slow in words, slow to get angry;”**

யாக்கோபு 1:19

**“ஆகையால், என் பிரியமான சகோதரரே,
யாவரும் கேட்கிறதற்குத் தீவிரமாயும்,
பேசுகிறதற்குப் பொறுமையாயும்,
கோபிக்கிறதற்குத் தாமதமாயும் இருக்கக்கடவர்கள்;”**

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