



YOUR TEENAGER IS NOT CRAZY

**UNDERSTANDING YOUR TEEN'S BRAIN
CAN MAKE YOU A BETTER PARENT**

DR. JERAMY AND JERUSHA CLARK



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To our precious teenage daughters,

Jocelyn Alexandra,

creator of fabulous fan fiction, gorgeous dress designs, and incredible artwork. The moment you entered the world you changed our lives forever and for better. PS: Though we would miss you like crazy, you'd be a great companion for The Doctor.

Jasmine Alyssa,

amazing gymnast, fantastic spa proprietor, and mastermind behind the "Bubble Theory." "Teenagers are like bubbles. If you touch them too hard, they will pop. If the bubble pops, all their anger is let out on you. If you continue to guide the bubble and lead it in the right direction, out of harm's way, it will continue to bubble and grow."

Contents

Foreword by Dr. Earl Henslin 9

Preface 11

Introduction 15

1. You Don't Understand 21
2. Leave Me Alone 30
3. But *Why*? 39
4. I'm So Bored 48
5. That Could Be *Epic* 56
6. But Nothing Happened 66
7. What Do You Want Me to Say? 77
8. Why Are You Freaking Out? 88
9. Why Are You Looking at Me Like That? 98
10. Aren't You Sorry? 107
11. What's Wrong with My Friends? 116
12. It's Not Like We're Getting Married 127
13. This Is Sooooo Awkward 137
14. But It's Mine 147

| | |
|---|-----|
| 15. Hold On, I Just Have to Send This | 158 |
| 16. It's Not That Bad | 172 |
| 17. How Do I Know That's True? | 184 |
| 18. It's Not My Fault | 194 |
| 19. I Can't Take This! | 204 |
| 20. I'm So Tired | 213 |
| 21. I'm Starving | 223 |
| 22. What's Wrong with Me? | 231 |
| 23. It's Not All I Think About! | 242 |
| 24. I Feel So Ugly | 251 |
| 25. I Hate My Life | 261 |
| 26. What If . . . ? | 272 |
| | |
| Appendix A: The Truth about Substance Abuse | 283 |
| Appendix B: The Truth about Self-Injury | 287 |
| Appendix C: The Truth about Suicide | 291 |
| | |
| Acknowledgments | 295 |
| Notes | 299 |

Foreword

Your Teenager Is Not Crazy is the first book in the Christian market to so thoughtfully integrate the latest in neuroscience with God's timeless truth. It is a landmark book that will help parents make sense out of the changes happening in their teens as they mature. What is so wonderful about *Your Teenager Is Not Crazy* is that it is born out of the Clarks' years of daily ministry and a passion to help teenagers, including their own, grow deeper in Christ while learning to live healthy lives—body, soul, and spirit. Jeramy and Jerusha help parents understand that they cannot separate adolescent brain development from soul development. If the brain of a teen is not working right, their spiritual development will be hampered. What is exciting to me is the emphasis on helping parents understand the remarkable uniqueness of their child's brain. What works to motivate one teen will not work to motivate another teen. Yet if you understand the uniqueness of how God has wired your teen and learn to work with that child as God created them, you can help them optimize and reach the potential God has wired into them. This book will help you do just that.

You will enjoy learning a great deal as you read through each chapter. *Your Teenager Is Not Crazy* will deepen your understanding of

the inner world of your teen. An added benefit: it will help you make sense out of your own adolescent years! Tough issues like sexuality are addressed in an insightful manner that will help bring clarity to what can be a confusing and bewildering time for both parent and teen. As you read this book, you will become excited and passionate about the reality that God has uniquely wired your teen's brain for a relationship with Him. You'll also be excited and empowered by the practical strategies that Jeramy and Jerusha share.

Your Teenager Is Not Crazy is not only a book you'll *enjoy* reading; you'll actually want to buy it by the case to give to youth leaders, friends, and relatives! God will use it to help guide you through the exciting adolescent years of your teen's developing brain—which means your teen's developing soul. You will be grateful for the time you invest reading this groundbreaking book and the steps you take in implementing the insights and practical strategies.

Blessings!

Dr. Earl Henslin, PsyD,
author of *This Is Your Brain on Joy*
and *This Is Your Brain on Love*

Preface

If you ask parents to describe the teenage years, words like *crazy*, *confusing*, *frustrating*, *scary*, and *out of control* will likely crop up, as might—though perhaps less frequently—descriptors such as *exciting*, *adventurous*, and *exhilarating*. Research indicates that regardless of socioeconomic background, race, or location, parents of teens experience a relatively consistent set of emotions that leave many perplexed and exhausted.

Perform a similar exercise by inviting emerging adults to describe the years of their adolescence, and a fascinating trend emerges. The very same adjectives—describing the good, the bad, and the totally baffling—are used by those recently in the throes of their formative years to depict the tumult of their teenage lives.

A myriad of explanations has been set forth to decipher this perplexing phenomenon: adolescents seem out of their mind at some point, if not for the entirety of their teenage years. Vibrant one moment and sullenly apathetic the next, engaging in risky and impulsive behaviors one day and espousing profound reflections on life, relationships, and faith the next, teenagers confound parents, who wonder, *Who is this alien in my child's skin? Why did she stop smiling?*

Why is he angry all the time? What were they thinking? What in the world do I do?

One explanation—the one most prominent when we were teenagers—goes as follows: teenagers are a raging ball of hormones, and the best parents can do is buckle up, hang on for dear life, and pray that the entire roller coaster cart of their adolescent’s life doesn’t spontaneously jump off the track, explode, or get confiscated by federal authorities.

In this paradigm, hormones explained why guys were less mature than girls, why they seemed obsessed with some things and clueless about others, and why they did things like turn fire hoses on their biology teachers (not that Jeramy ever did that). This theory told parents of adolescent girls that hormones accounted for the outbursts of violent tears, the desire of their daughters to date the most ridiculous young men imaginable, and hours spent in the bathroom attempting to wrestle hair, makeup, and acne into submission.

According to the latest neurobiological research, however, hormones are only one piece of a much larger puzzle. The good news? You don’t have to figure out how to predict your teenager’s behavior based on biochemicals. Understanding basic physiological facts is important, but this book will enable you to see your teenager as more than an out-of-control hormoniac.

Another misconception popularized by the media is that teens experience a form of “temporary insanity” while their brains develop. Because their brains are immature, their behavior will be irresponsible. There’s not much you can do but sigh deeply, try to be patient, and wait until your adolescent “grows up,” hoping that no harm will come to your child (or other people!) because your teen is half-baked.

Radical neurological changes *do* occur during adolescence, and understanding them *is* crucial, but—as you might infer from the title of this book—what we now know about the brain doesn’t support the notion that your teenager will be insane until further notice. Hear us loud and clear: your teenager is *not* crazy.

Furthermore, we cannot view adolescent brain development simply as a process of moving from immaturity to maturity. Indeed, because

of the progressive remodeling of the brain during this period, the teen years can be an amazing season of cultivating creativity, self-awareness, and passion for the things that really matter.

If you're interested in navigating your child's adolescent years well, this book will equip you to understand the body, mind, and soul of teenagers. You'll also discover insights about yourself! Everyone benefits. So, if you're ready and willing, let's go!

Introduction

Some years ago, we discovered a leak in the foundation beneath our kitchen. It required the complete demolition of our countertop, sink, and a good deal of cabinetry. For weeks (which seemed like years), water to that area was cut off, meaning meals had to be prepared on makeshift surfaces and dishes had to be washed in a bathtub. As electrical wiring was reconfigured, the power was shut down. Remodeling is *not* easy.

Anyone who's spent time near a construction site—whether a large-scale project or an in-home remodel—recognizes factors common to all building or renovation: it's messy, it's time-consuming, and it always costs more than you think it should. Often an element of danger exists. Risks may be necessary. Mistakes are made—that's guaranteed. Frustrations abound. Relationships are strained. Why would anyone choose to suffer this?

Why? Because on the other side is a space more beautiful, more efficient, or more integrated. Knowing that what waits on the other side is not only new but also *really good* helps builders and remodelers everywhere get through tough days of sawing, sanding, wiring, and plumbing. Our amazing, renovated kitchen never could have

magically appeared. The process had to be endured. In order for it not to drive us crazy, it also had to be embraced.

What if your body was a construction zone? Wouldn't you expect significant challenges? Wouldn't the goal be to emerge stronger and more resilient? Do you think you might be willing to endure a lot if you knew that something *great* was in store?

Now, imagine how you'd feel knowing your child's brain had to be progressively remodeled to develop a healthy adult mind. Along with the trials, wouldn't you be on the lookout for triumphs too? Wouldn't you feel more compassionate when your child was confused or frustrated by the project, especially if you knew the proverbial power was offline?

These aren't merely theoretical questions. Indeed, neurobiological studies show that every adolescent brain goes under construction between the ages of approximately twelve and twenty-four. *Hold on*, you may be thinking. *You're telling me that every teenage brain is being remodeled for more than a decade?*

Yes.

Until relatively recently, we couldn't see what went on inside the brains of live subjects (and let's be honest: it's a good thing no one tried!). Now, thanks to fMRIs (functional magnetic resonance imaging) and other forms of brain imaging, clinicians can evaluate the inner workings of the mind, observing that what we previously assumed about brain development formed a very incomplete picture.

For many years, scientists believed the human brain developed primarily between birth and age six. While it's true that the brain reaches over 90 percent of its *structural size* by the sixth year of a child's life, we now know that the brain undergoes dramatic and essential *internal development* in the years leading up to and throughout adolescence.

During childhood, the brain experiences explosive neurological growth. Much like a flourishing tree growing more branches, a child's brain establishes new connections and pathways as it matures. During the years prior to adolescence, millions of brain cells develop and begin to mature, enabling children to acquire knowledge at a

wonderfully rapid rate. This explains in part why children learn certain skills so readily. Like “little sponges,” they absorb all the world has to offer, stretching their brains in new ways every day.

The explosive growth of neurons during childhood slows as puberty approaches. Ultimately—somewhere between the ages of eleven (for girls) and twelve and a half (for boys)—the brain shifts course and begins to prune neurons, cutting back unused brain pathways. Pruning isn’t the only radical change happening, however. Those neural highways that remain are strengthened in a process called myelination, during which a protective layering insulates neurons, improving the speed and efficiency of cognitive processing. Pruning and myelination continue throughout adolescence and result in what scientists describe as a wholesale, progressive remodeling of the brain.

Okay, you may be thinking. That’s neat, but what does this have to do with me?

If you’re the parent of a teenager, it has everything to do with you.

Do you want to know why teens do what they do? Do you want to communicate with your children in clear and compassionate ways? Many bizarre and baffling teenage behaviors become intelligible as we learn what’s going on in the brain and how it impacts emotions and relationships, as well as how spiritual truths can revolutionize the experience of the teenage years for parents and children alike.

Teenagers Aren’t Crazy; They’re Just under Construction

Adolescents undergo a comprehensive remodeling of the brain, and—as noted earlier—messes and mistakes abound during renovation projects. At different points in the process, the plumbing or electricity may be offline. In a similar manner, portions of an adolescent’s brain that are “under construction” may give the impression that your teenager is mentally “offline.”

Here’s one example: In early adolescence, neurons at the back of the brain are pruned. One of the first neural structures to undergo remodeling is the cerebellum, which directs—among other

things—balance and coordination. Ever wonder why middle schoolers are so awkward? Knowing that the portion of your teenager’s brain that coordinates balance is periodically “offline” while it’s being remodeled can give you grace during your teen’s awkward stages. As we’ll see throughout this book, a basic understanding of your teen’s brain also provides insights to help you parent well.

Let’s start with two general and essential principles:

1. **Choices matter.** Teenage brain remodeling operates on a “use it or lose it” principle. The neural pathways your teen uses become stronger; those neglected are pruned away. Pioneering neuroscientist Dr. Jay Giedd sums it up this way: “If a teen is doing music or sports or academics, those are the cells and connections that will be hardwired. If they’re lying on the couch or playing video games . . . those are the cells and connections that are going to survive.”¹
2. **Connections matter too.** In Dr. Giedd’s words, “neurons that fire together, wire together.” While the adolescent brain is being pruned and myelinated, it also becomes more interconnected and specialized. Somewhat akin to switching from dial-up internet to broadband, the brain increases its speed of transmission and ability to integrate information. Eventually, your teen’s brain becomes a super-fast information highway. This is amazing! It’s also limiting. In order to drive on a highway at eighty miles per hour, you have to sacrifice the option of changing direction whenever you want. Similarly, with fewer but faster neural pathways, adolescents’ brains become progressively less open. They move toward specialization and integration.

Helping your teen learn to choose well is incredibly important. What your adolescent is exposed to will change him or her—dramatically. Choices determine what kind of connections and neural superhighways will exist.

In each chapter of this book we’ll explore a common statement teenagers make in light of what’s happening in an adolescent’s brain

and how that plays out in thoughts and emotions. Spiritual truths will equip us with understanding and for action. Each chapter closes with a practical tip and/or topic of discussion.

One word of caution: this book won't teach you how to control your teen's behavior. The only person you can control is yourself. People often say this, yet few actually work to change themselves, trusting that others will change as a result. Somehow, when it comes to our children, we think that applying the right formula will ensure that our home will be at peace.

This isn't a teenage behavior modification book. Instead, this book seeks to transform your understanding so that you can parent more effectively and compassionately. As you model growth and change, your teen *will* notice. Why? Because God has designed the world with this truth embedded at every level: everything is changed when you change.

Take Proverbs 15:1, for instance. "A gentle answer deflects anger, but harsh words make tempers flare" (NLT). When your teen is angry, you have a choice. You can answer calmly and kindly, or you can return wrath for wrath. You *can* choose how you respond, no matter how you feel. In chapter 8, "Why Are You Freaking Out?," we'll share astounding physical facts undergirding the spiritual truth that when you control your anger, everything changes.

This doesn't mean parents should excuse bad behavior "because of biology," or that responding with gentleness will reduce your authority or lessen the chances that your teenager will "get" what you're trying to communicate. Instead, God shows us that the best way to influence others is by being transformed ourselves.

Each chapter will demonstrate how God weaves his truth into our very biology. It's absolutely magnificent! There's so much to cover, so let's head right to the construction zone: the marvelous teenage brain.



You Don't Understand

“What are you talking about?”

The question came from the hall, where our fourteen-year-old had apparently been hovering, listening to us outline this book. Her head popped around the corner, and it struck me again: she looks *so grown up*. These days I (Jerusha) was constantly thinking—and too often for her liking, lamenting—that it was all happening too fast.

“We’re talking about teens who feel their parents don’t understand them.”

As swiftly as it had appeared, her head vanished. A small scoffing sound escaped as she beelined toward her room.

Because verbal barbs—“You don’t get it,” “You wouldn’t understand,” “You have *no idea*, Mom” (insert an agonized adolescent sigh here)—had been aimed at me before, I wasn’t so naïve as to believe she felt perfectly understood. Convincing myself this was about research, I followed her and asked, “Do your friends ever feel that way?”

The look she gave me spoke volumes: *Are you kidding me, Mom? I thought you were writing a book about this.*

“Uh, yeah. All of them.”

I can't type the inflection she used, but the heavy drama with which she proclaimed this almost made me laugh. That, of course, would've spelled disaster, so I just muttered something like, "Hmm. I thought so," and returned to where Jeremy and the laptop waited.

All of them. Though teenage girls are prone to exaggeration, in this instance I believed her. The perceived understanding gap between teens and their parents is nearly universal. It crosses socioeconomic, ethnic, and gender barriers. At some point—and, for some, at *every* point—teens feel misunderstood.

Some parents try to ignore or dismiss this as adolescent foolishness ("Of course I understand! Do you think I was never a teenager?"). Becoming annoyed by it ("Well, how do you expect me to understand if you won't even talk to me?") or paralyzed because of it is easy. After all, frustration and fear are two of the most common emotions parents experience while raising adolescents.

Deciding to press into this, however, can propel you to action and effort. Let's start by investigating connections between this understanding gap and the radical changes happening in your teen's brain. As you read, we hope you'll develop compassion for your teen and discernment for parenting wisely.

Bio 101

Countless hours and billions of dollars are spent every year by parents trying to harness the potential of their child's early years. Providing the "right" toys, books, and opportunities becomes an obsession for some. Flash cards, reading programs, "smart" toys, and enrichment classes promise to make children more intelligent, better equipped for life, healthier, and happier.

Why do parents focus so much attention on the years between birth and three? Because we know—and the scientific evidence truly is profound—that a child's early years are incredibly important. We call them the "formative" years because what happens during this stage dramatically shapes a child's future.

In the not-so-distant past, scientists believed that the window of opportunity for significant influence closed as a child aged. Research over the last two decades demonstrates, however, that adolescence is a second period of radical neurological change and, as a result, powerful potential.

During the adolescent years, the progressive remodeling of the brain (the combined processes of *pruning* unused neural pathways and making the surviving ones more efficient through *myelination*) creates what scientists call heightened neuroplasticity.

The word *neuroplasticity* derives from a combination of *neuron*, the term used for the basic brain cell, and the word *plastic*, which means “able to be molded, sculpted, or modified.” When we use the term *neuroplasticity*, we mean the brain’s magnificent ability to reorganize and restructure itself by responding to learning and stimulus in the environment, forming new connections, pruning old ones, even recovering from injury and illness. The brain is incredibly malleable during the adolescent years. This is a time of amazing opportunity for you and your teenager!

Understanding your adolescent begins here: teens feel misunderstood because parents expect them to stay the same, but adolescence is all about *change*. If you can grasp that a remarkable and massive remodeling is going on in your teen’s brain, you can develop greater compassion for the days of experimentation, exhilaration, and confusion. The process of parenting teens is one of constant and sometimes exhausting change. It seems nothing stays the same, and it’s easier to assume “My job’s almost done” when your kid hits the teen years than to believe you’re called to gear up for a second period of incredible significance. Bridging the understanding gap starts with recognizing that your teenager’s brain is highly impressionable.

Neural remodeling occurs in a relatively systematic way, from the back of the brain to the front. In practical terms, this means particular brain structures are under construction at different times and some for far longer than others. As these massive alterations occur, you

can exercise patience and discernment. Though understanding your transforming teen is a challenge, it's not impossible.

After areas responsible for balance, coordination, and sensory processing, one of the first areas of the teenage brain to be pruned and myelinated is the emotional center of the brain, the *limbic system*. Teenagers feel high highs and low lows, in part, because the structures in their brains that control emotions undergo serious renovation. When your teen flips out, picture yourself putting on a hard hat. You and your adolescent are in a construction zone, so be aware and be cautious. Remember, something *really great* can come from remodeling.

Further complicating matters is the fact that while the emotional limbic system is highly aroused early in adolescence, the brain's control center—specifically the *prefrontal cortex*—matures last. The prefrontal cortex directs executive functions; its roles include forethought and planning, judgment, decision-making, and self-regulation. Kind of reads like a laundry list of what teens struggle with, doesn't it?

Consider for a moment: Do you imagine it might be difficult for teens to understand themselves if the emotional centers of their brains are active but their executive functioning is periodically offline (perhaps even off more than on)? Can this secure your compassion? We believe so.

Before reading this book, perhaps you caught glimpses of good judgment and wise decision-making in your teen. Maybe you figured he or she would be able to do better by trying harder. Bottom line, it's not that simple. Bridging the understanding gap will require more of you. There's fantastic news, though: because of your adolescent's neuroplasticity, all hope is not lost! The malleable adolescent brain can be shaped. Ready to find out how you can participate?

Psych 101

Here are some ways to help your adolescent through this period of radical remodeling.

- **Be “on-site.”** The teenage years create fear and frustration in a lot of parents. It may feel simpler and safer to stay out of the way. Trouble is, you can have little—if any—influence from “off-site.” Too often, after having been disconnected for some time, parents launch in, demanding change. It’s easy to imagine how ineffective that can be. If you want to be part of shaping your teenager’s brain, you’ve got to be consistently and courageously present.
- **Be observant.** A good subcontractor doesn’t march onto a construction site and start barking orders. He walks the grounds, noting what’s happened (or hasn’t happened) and comparing his observations to the blueprint. In a similar manner—as a subcontractor in God’s employ, helping shape your child’s future—you should be a careful observer. Pay attention to your teen’s words. Notice what makes her laugh, cry, or get angry. In short, be an observer of your teenager’s inner life. You can detect a great deal by being a patient, on-site observer.
- **Ask, listen, and respect** (preferably in that order). Sometimes you simply won’t understand. You can also humbly ask for help. When you ask, listen carefully. Do everything you can to keep from inserting your ideas, opinions, or suggestions. Trust that there will be time for that later. If communication is going well, ask follow-up questions to draw out your teen’s thoughts and feelings. Finally, show respect for what your teen says by reiterating it, confirming you’ve heard and understand. Keep the conversation short and to the point; this is an especially effective communication tool with teens. Don’t make every conversation into a lecture. Frequent, shorter conversations make a bigger impact on teens.
- **Remember.** This tip has two dynamics: One, remember what your teen tells you. Ask about it in a few days. Pray about it in the meantime, and let your teen know it’s on your mind with a simple statement like, “I’m praying for you.”

Two, cultivate perspective. Remember your own teen days. You probably felt confused or overly emotional at times. More

likely than not, you made some foolish decisions. If you think you caused no problems as an adolescent, ask your parents. They'll happily set you straight. Gaining perspective and remembering what your teen tells you shows great compassion; perspective also equips you to make good decisions.

- **Don't minimize; *empathize*.** If your daughter is crying in the bathroom because she's got a big zit on her forehead, please rethink the dismissive, "Get over it; everyone gets zits" comments. Your son's small stature, your daughter's friendship drama, any number of other issues: they *really matter* to your adolescent. The best way to show that you understand is by responding with affirming statements like, "I can see why that would be hard for you," "That must be frustrating," or even something as simple as, "Hmmm." The fastest way to perpetuate the understanding gap is to try to convince teenagers that feelings don't matter, that they should get past something, or that you've got the perfect way to fix the situation. Keep in mind that because adolescents often don't understand themselves, they can't imagine anyone else can understand them. You best demonstrate understanding not by solving the problem but by showing empathy. Recalling times when you've felt deeply (e.g., afraid, angry, rejected) and empathizing with your child is an incredibly powerful way to connect, and doing so helps integrate the emotional and logical portions of your teenager's brain.

Faith 101

Adolescence is a period of amazing neurological opportunity. And because God designed your teen with this remarkable neuroplasticity, the impact of the adolescent years on his or her spirit will be profound.

We appreciate how *The Message* renders Ephesians 5:16–17 and believe it speaks powerfully to parents of adolescents: "Watch your step. Use your head. Make the most of every chance you get. These

are desperate times! Don't live carelessly, unthinkingly. Make sure you understand what the Master wants."

These years are incredibly important. The Bible urges us not to live carelessly, but this means more than simply "thinking before we act." We must actively resist living with a survivalist mentality, just "getting by," rushing from activity to activity without purpose or intentionality. During this remarkable window of opportunity in the teenage years, *make the most of every chance you get*.

J. B. Phillips translated Ephesians 5:16 as, "Make the best use of your time, despite all the difficulties of these days." Undoubtedly, there will be tremendous difficulties in these days. Make the best use of your time.

Take a moment to consider what's hindering you from making the most of the teen years. As one pastor puts it, "It's a waste of time to think about strategies for parenting without first examining ourselves."¹

At the center of every struggle in life is misdirected worship. We all worship something, and though many of us claim that we worship God alone, we often spend our time and energy chasing other desires. Longings for control, comfort, respect, appreciation, and success can become idols that poison not only our parent-teen relationships but also our relationship with God.

If your son's or daughter's lack of appreciation and respect for "all you've done" becomes a point of bitterness in your heart, you may have some thinking, forgiving, and reprioritizing to do. Ironically, you won't get respect or appreciation by making them the goal of your parenting; developing godly character is a higher aim, a God-focused (not parent-focused) one. Likewise, if you're expecting your child's behavior and accomplishments to make you feel successful, pressure and trouble are brewing. If you're overly angry at your teen for impinging on the order and peace of your home, an idol of comfort may be at play. And if you're not able to let go, trusting your teen to God, your idol of control will wound everyone, yourself included.

Now is the time to pay close attention to your own heart and mind. The closer you are to God during the years you're parenting teenagers, the more the Holy Spirit can give you wisdom and insight, consolation and strength. You need those things, and you cannot manufacture them on your own.

The window of opportunity in your teen's brain and spirit is also an invitation to you: be transformed by the renewing of your mind. As Romans 12:2 commands, "Let God transform you into a new person by changing the way you think" (NLT). Don't waste these days, even the difficult ones. You and your teen can become stronger because of them.

Try It Today

As our daughters became teenagers, we weren't prepared to deal with our own conflicting emotions. We knew they'd have mood swings, but we didn't know we'd face such a sense of loss. Watching our girls transform during their adolescent years was amazing, but we also missed the snuggly kids they were seemingly moments ago.

Author Dr. Michael Bradley urges parents to press into this sense of loss. Indeed, failing to do so can lead to anger and resentment (*Who is this teenaged usurper of my "sweet girl" or my "little buddy"?*). Letting your teen change allows parts of his or her personality that you loved in childhood to resurface over time, stronger and more mature, better equipped to flourish in the adult world.²

Communication experts Adele Faber and Elaine Mazlish agree that grieving loss is an essential part of parenting adolescents. We encourage you to take some time within the next twenty-four hours to talk with a spouse or friend, journal, and/or pray about the following:

- **Loss of closeness.** Actively let go of the "Who is this hostile person? Where's the sweet kid who climbed up on my bed to talk every night?" type of thoughts.
- **Loss of "being needed."** It can hurt to hear, "You don't have to do that anymore, Dad. I can handle it."

- **Loss of confidence.** Asking, “Why did he do that? What is she becoming? Have I done something wrong?” or “Is there anything I can do?” will drag you under if you let it. You may feel like you don’t know what you’re doing. That’s okay! Grieve the loss of confidence and gear up for a learning curve. God promises that you’re not alone in this; he will strengthen you and help you; he will uphold you with his victorious right hand (see Isa. 41:10).
- **Loss of control.** We especially want to keep our kids from harm. Recycling “What if,” “If only,” or “Why?” thoughts can be agonizing!
- **Loss of ease.** The teenage years are anything but a “ho-hum” season of life. Grieving the loss of peace and ease actually helps you avoid fear, which tries to devour parents of teens.³

If you grieve these losses and equip yourself for the construction years, you’ll be better prepared. Remember to keep your hard hat handy!