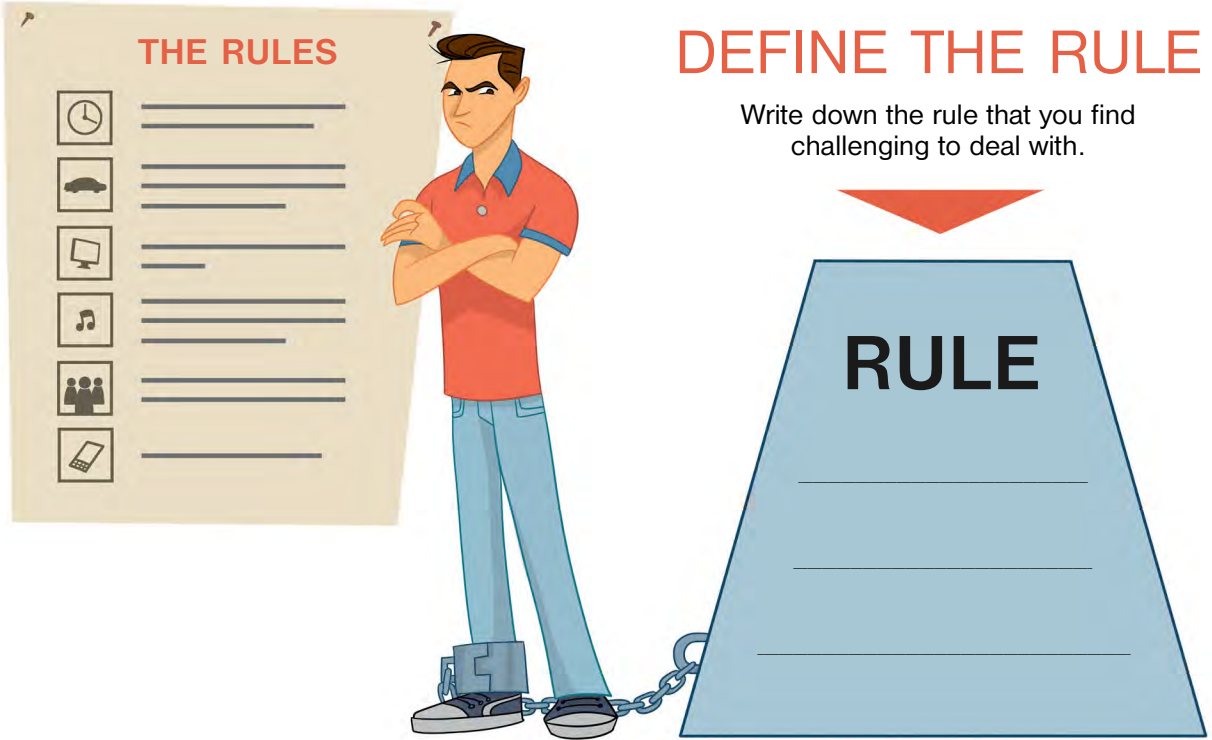


Reasoning on the Rules

Use this worksheet to think through a rule that you have a hard time complying with. You can also use it as a basis for discussion with your parents.



DEFINE THE RULE

Write down the rule that you find challenging to deal with.



RULE

▶ Why do you dislike the rule?

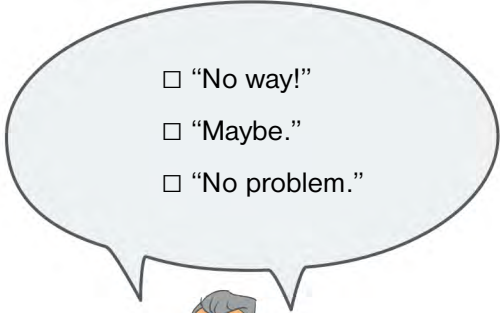
▶ Is there any part of it that you *can* agree with?

▶ Why, do you think, have your parents created the rule?

▶ Is there something that you think they are not taking into consideration about this rule? If so, what is it?

▶ In what way would you like to see the rule adjusted?

If you were to ask your parents to adjust the rule, what do you think their reaction would be?



▶ Why do you think they would feel that way?

▶ Even if it takes time, how can you address that concern? (Clue: Words are not as effective as actions.)

▶ What do you think is your parents' primary concern?

▶ Imagine that you are the parent of a teenager. Would you set a similar rule? If so, what would it be, and why?

HOW MUCH TRUST HAVE YOU EARNED?

Trust is earned. Name some things you have done that may have *lessened* your parents' trust in you.



Name some things you have done to *build* your parents' trust in you.



Do you have enough ‘credits’ in your ‘trust account’ to bring this matter up to your parents now—or should you wait?



If you think it best to wait till later, what can you do between now and then to earn ‘credits’ in your ‘trust account’?

TIP: Share your completed worksheet with your parents, and use it as a topic for discussion with them.

When you *do* talk to your parents, remember the words of the Bible: “A mild answer turns away rage, but a harsh word stirs up anger.” —Proverbs 15:1.



DID YOU KNOW? The principles in this exercise can also help you when you need to talk to an employer about the rules that have been set on the job.

“Obeying your parents’ rules is like paying off a debt to the bank—the more reliable you are, the more trust (or credit) you will receive.”
—From *Questions Young People Ask*
—*Answers That Work*, Volume 2.