

CHAPTER 7 (continued): WHEN A MOTHER FEELS GUILTY THE TEENAGE YEARS

This session focuses on the phase of motherhood that can often be the most challenging – the teenage years. Re-read pages 94–106.


 What did you relate to, or find most helpful?


One mum shared her story:


“How I questioned myself and my ability during those years! I felt totally inadequate and made many mistakes! I allowed my imagination and fear to run wild. It was a scary time but in reality, it was just another phase and we have all come through it. I can say in all honesty that those years were the hardest of my life, but I am so thankful for the lessons I learned and for the loving relationship that we all enjoy now as a family. The biggest challenge was with our middle son during his teenage years. He’s an adult now and has a toddler of his own. I smile to myself quite often when he and his wife regale stories of their robust and mischievous toddler and think of Rob Parsons’ words, ‘you ain’t seen nothing yet!’”


1. The teenage years


Remembering how you felt as a teenager can help you to understand what your teenager is going through and why they may have had a sudden change in their character.

 What do you remember about being a teenager yourself? How did it feel to have changes happening in your body and mind at this time.


 Is there a phase that your child is going through now which you also remember going through?


 Can you remember a particularly challenging time during your teenage years? How did you deal with it?

 Was your mother able to help you through it? If so, what did she do?

 What have you learned from this particular time in your own childhood?

2. Putting it into action

 How could you better connect with your child during a difficult phase?

 What steps do you need to take to put this into practice?

Next time ...

We'll look at Chapter 8 and be encouraged as we reflect on when it's time to 'let them go'.

