

RULES
ROUTINES
RELATIONSHIPS
ROLES
RITUALS

The 5 BIG Changes Deployment Demands of Teens

In Real Life



DEMAND

URGENT REQUEST
or
REQUIREMENT NECESSITATING
SPECIFIC EFFORT

RULES
ROUTINES
RELATIONSHIPS
ROLES
RITUALS

	RULES	ROUTINES	RELATIONSHIPS	ROLES	RITUALS	
WELCOME						WILLING
ACCEPT						
TOLERATE						UNWILLING
RESIST						

Changes in the environment triggers your brain to assess possible risks against potential rewards. Familiar circumstances are more easily appraised, approved, and acted upon. Unfamiliar conditions prompt risk alerts in your brain that initiate stress responses. The less familiar the change, the greater the alarm. Undesirable change can generate the emotional and physiological response known as fight-or-flight.

- 1. Recognize the change (Name it and claim it.)**
- 2. Face the change (Willing or Unwilling?)**
- 3. Talk about the change (With adults involved.)**

1

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THE RULES CHANGE

- 1. Recognize the change (Name it and claim it.)**
- 2. Face the change (Willing or Unwilling?)**
- 3. Talk about the change (With adults involved.)**

- **What RULES changed for you and your family?**
- **How were these changes received?**
 - **willing or unwilling?**
 - **make things easier or more difficult?**
 - **like - more \$ or less \$**
- **What RULES need to change?**

2

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THE ROUTINES CHANGE

- 1. Recognize the change (Name it and claim it.)**
- 2. Face the change (Willing or Unwilling?)**
- 3. Talk about the change (With adults involved.)**

- **What ROUTINES changed for you and your family?**
 - **hunting, sports, sugaring, academic support, extra curricular**
- **How were these changes received?**
 - **willing or unwilling?**
- **What ROUTINES need to change?**

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THE RELATIONSHIPS CHANGE

- 1. Recognize the change (Name it and claim it.)**
- 2. Face the change (Willing or Unwilling?)**
- 3. Talk about the change (With adults involved.)**

- **What RELATIONSHIPS changed for you and your family?**
 - **confidant is absent**
 - **extended family visits (more) (less)?**
 - **adults take on additional demands**
 - **Stress on time**
 - **Communication**
- **How were these changes received?**
 - **willing or unwilling?**
- **What RELATIONSHIPS need to change?**
 - **recognize people change in a year.**
 - **do or don't stop doing things because the parent is not around?**

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THE ROLES CHANGE

- 1. Recognize the change (Name it and claim it.)**
- 2. Face the change (Willing or Unwilling?)**
- 3. Talk about the change (With adults involved.)**

- **What ROLES changed for you and your family?**
 - **caregiving /built in babysitter**
 - **"uber" driver for family**
 - **supressed feeling to support others**
- **How were these changes received?**
 - **willing or unwilling?**
- **What ROLES need to change?**
 - **clarify difference between equal and equitable (measurable)**
 - **"fair" is a feeling**

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THE RITUALS CHANGE

- 1. Recognize the change (Name it and claim it.)**
- 2. Face the change (Willing or Unwilling?)**
- 3. Talk about the change (With adults involved.)**

- **What RITUALS changed for you and your family?**
 - **vacations, events, regular experiences**
 - **logistics of life**
- **How were these changes received?**
 - **willing or unwilling?**
- **What RITUALS need to change?**
 - **invite people into rituals before returning home.**
 - **what rituals need to be recharged?**

In conclusion: Mature people understand change happens and finds ways to manage it for good.