

WORDS YOU SHOULD NOT SAY TO A DIFFICULT *Teenager*



Do not say, “**I taught you better than that,**” when they don’t reach your expectations. This can make them feel obligated to do things only to please you, thus prompting them to lie.



Saying “**stop overreacting**” or “**you’re overreacting**” when they act out can make them feel misunderstood and prompt them to become angrier.



Dealing with problematic behavior by saying “**no one will like you if you do that**” can make them feel unloved and ashamed and cause them to turn away from you.



Do not say “**you should have studied more**” or “**you should have followed my advice.**” This will only add to their frustration since they already know these facts.



Do not resort to emotional blackmailing and send them on a guilt trip by saying, “**if you love me, you’ll stop.**”



Never draw any comparison or belittle them by saying “**your sibling is so much better**” or “**you are useless.**” This will shatter their confidence and affect their mental health.