

Show-notes (episode 1):

Podcast Info:

Title: E. 1: Into the Unknown: What to expect- Juvenile Court System

Release Date: October 12, 2021

Host: Angie Frey

In Episode One we take a look at the Juvenile Courts System. We go through the basics of what happens after an arrest and what you can expect at the first hearing. We touch on attorneys and conditions of release. Most importantly though we talk about how having a child in crisis is not an indicator or whether or not you are a good mom.

Resources:

Pathways website: <https://pathwaystohopenetwork.org/> (Remember to Subscribe!)

- Local and national resources: <https://pathwaystohopenetwork.org/resources/>
 - Blog: <https://pathwaystohopenetwork.org/blog-2/>
 - FAQ: <https://pathwaystohopenetwork.org/f-a-q/>
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Show-notes (episode 2):

Podcast Info:

Title: E. 2: What to expect: Court System (continued)

Release Date: Month, Day, 2021

Speaker: Angie Frey

In Episode Two we go into more detail of what to expect in court, as well as discussing the different charges a youth can face during prosecution: a felony or a misdemeanor charge. We will go into more detail about what degrees and counts mean, as well as discussing plea deals and trials, as well as record sealing. Remember you are not alone in this, this is not supposed to be easy, but it will never be impossible. You can and will come out on the other side.

Resources:

County website: <https://www.thurstoncountywa.gov/sc/Pages/court-cases-becca.aspx>

Pathways website: <https://pathwaystohopenetwork.org/> (Remember to subscribe!)

- Resources: <https://pathwaystohopenetwork.org/resources/>

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Show-notes (episode 3):

Podcast Info:

Title: E. 3: What to expect: From yourself

Release Date: Month, Day, 2021

Speaker: Angie Frey

In Episode Three, we discuss the importance of understanding trauma while walking through this journey. We hear the advice of other moms who have walked this very same road, those who have faced this trauma, and hope to help strengthen you as you are walking through your own journey.

Resources:

Pathways website: <https://pathwaystohopenetwork.org/> (Remember to Subscribe!)

- Blog: <https://pathwaystohopenetwork.org/blog-2/>

Book: The Body Keeps the Score- Brain, Mind, and Body in the Healing of Trauma
https://www.amazon.com/Body-Keeps-Score-Healing-Trauma/dp/0143127748/ref=sr_1_1?dchilid=1&keywords=the+body+keeps+the+score&qid=1627001361&sr=8-1

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Show-notes (episode 4):

Podcast Info:

Title: E. 4: What to expect: In your marriage

Release Date: Month, Day, 2021

Speaker: Angie Frey

In Episode Four we look at trying to understand the effects that having a child in crisis will have in your marriage, or parental relationship. As children grow, the hurdles you face as a family seem to become bigger, and the ways we deal with them as parents are different. We react in ways we might not expect from ourselves, let alone our partners. In this episode, we go into detail about what these reactions may look like when considering a child in crisis, and how they affect your relationship with your partner. We take a look at the slippery slope of “Don’t Tell Dad,” and discuss the importance of communication within the family. Although it’s hard to realize in the midst of all the chaos, and when there’s tension, and emotion, try to remember you’re on the same team, with a common goal, there to support, and empower each other despite the mess around you.

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Show-notes (episode 5)

Podcast Info:

Title: E. 5: What to expect: The effect on siblings

Speaker: Angie Frey

In Episode Five we talk about how having a child in crisis affects the flow of the family, particularly: siblings. In the midst of all the chaos, and emotions, it's easy to brush over the other members of the family, who may not be directly involved. At the moment it might seem easier to just not tell them what's happening, or to brush over things, especially with younger children. However, in doing so, we actually isolate our children more than protect them. In this episode, we discuss how we should tell our other children about the situation, and what to consider when deciding how much you should tell them. Although we can't protect them from the pain, we can minimize the trauma they face by communication.

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Show-notes (episode 6):

Podcast Info:

Title: E. 6: What to expect: Your child

Release Date: Month, Day, 2021

Speaker: Angie Frey

In Episode Six we discuss the child facing the criminal allegation, the emotions they feel through this, and how you are such an important figure to them through it all. For this episode I sat down with four boys who walked this journey, and asked them about what they felt and experienced through it all. Hopelessness. Depression. Isolation. Guilt. Shame. Fear. It is so important that we are able to talk about all of these. It is critical that we look for and are able to recognize the signs of mental illness, in both our child and ourselves, in order to reach out for help. Although it all seems so out of control and messy right now, please try to remember: Through every challenge, and storm, you are an anchor to your child, you are needed, and your efforts aren't going unnoticed. You are their foundation when everything around them feels uncertain.

Resources:

Pathways website: <https://pathwaystohopenetwork.org/> (Remember to subscribe!)

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The Teenaged Brain... Dr. Francis Jensen (book):

<https://www.amazon.com/Teenage-Brain-Neuroscientists-Survival-Adolescents/dp/0062067850>

Nami.org Article:

<https://www.nami.org/Blogs/NAMI-Blog/June-2018/4-Ways-Teens-Can-Access-Therapy-Without-Health-Ins>

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Show-notes (episode 8):

Are you always worried about what you'll say if someone asks you about your child?

In Episode 8, we are talking about one of the most challenging aspects of having a child facing charges, on probation, or incarcerated. The challenge of how to approach talking to others about

it. We'll discuss all the ins and outs of who you should trust with this information, what you should tell, and what to do when someone asks you, and simply put, you believe it's none of their business. We'll also talk about the top reasons most of us are reluctant to share this information and the powerful shift that occurs when we share our struggles and we'll help you fight off any anxiety you might be feeling about what to tell people by helping you come up with your own go-to phrase.

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Show-notes Episode 10

Moving Through the Unknown with Purpose

This episode is the second in a series of interviews with different people offering different perspectives on what to consider as you walk beside your child through the justice system.

Questioning what it looks like to parent well through a season we've never had to navigate before is a normal part of this process. In this episode, I have the honor of interviewing my pastor and friend, Jim Ladd. Jim is gifted in his ability to communicate concise, practical information in a way that is encouraging and thought-provoking, and this message is definitely one that will stay with you.

If you have a child in crisis, we sincerely hope that you find comfort and clarity while listening to his message on the importance of bringing ourselves back to baseline and beginning to examine the bigger picture and opportunity available to us during this time.

A few highlights from this episode:

2:35 Our most difficult, panicky, terrifying crisis moments are actually extremely fertile for the activity of God.

6:45 How to be loving while battling genuine feelings of anger and disappointment towards your child.

14:43 The healthy ability to connect and disconnect.

19:35 A parent's most important job when your child is in crisis.

26:28 Aligning how we parent with God's love for us.

If you are interested in hearing more from Jim Ladd or connecting with what he's doing, check out the [Jim and Jon](#) website to access blogs, books, and the Upstream podcast he co-hosted with his son Jon (It's fantastic). You can also find him on the [Evergreen Christian Community Website](#) and [Instagram](#).

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Show-notes Episode 12

What No One Tells You About Youth Probation

This episode is the another in a series of interviews with different people offering different perspectives on what to consider as you walk beside your child through the justice system. Today's episode gives us the perspective of a probation counselor.

In this episode, I have the honor of interviewing Pete Feleciano. **Pete** graduated college with a degree in Law and Justice and a master's degree in Counseling and recently retired from an extensive career working with hundreds of families in Thurston County Juvenile Court as a probation counselor for the last 32 years.

Pete is also a husband and father of two with years of experience coaching youth sports in the community and sat on the very first board of directors for Pathways to Hope Network. Over the years, he has been a strong voice advocating for children and families in our community and I am so grateful that he is here to provide us with some insight into the world of probation.

A few highlights from this episode:

5:00 The biggest misconception about probation and probation counselors.

13:32 The Us versus Them mentality and the damage created by it.

15:51 What is probation and what purpose does it serve?

18:44 What you can do today that will help your child's probation process.

22:47 One thing resilient families do that keep them moving forward.

33:50 The one thing Pete hopes you'll take away from this episode.

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Show-notes Episode 13

When The Challenge Changes You - Blake's Story

Another episode in a series of interviews with different people offering different perspectives on things to consider as you walk beside your child through the justice system.

In this episode, I have the honor of interviewing Blake who offers us the gift of his perspective on what it was like to be a child who experienced the juvenile justice system.

Blake openly shares his story on what life was like during his teen years. His experiences, the factors he believes influenced his decisions, his relationship with his mom and siblings and what he credits as the difference maker in him changing his course.

A few highlights from this episode:

- 5:35 First encounter with law enforcement.
- 9:18 Decision influencers
- 15:00 Promises to change
- 15:30 The difference maker
- 17:00 Looking Back: What Blake credits his mom for doing well.
- 23:43 The greatest challenge of detention
- 28:00 Blakes's relationship with his mom and the role it played
- 30:34 Sibling Relationships

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Show-notes Episode 15

Grief Mountain with Mary Cranston - Part 1

Today we are talking about grief. Sometimes we are so consumed with trying to keep our heads above water with court dates, challenging behaviors and worrying about the future that it's really easy to dismiss the fact that there is real grief under the surface.

When thinking about grief there was one person who came to mind that I knew would be an incredible blessing to you. Her name is Mary Cranston and she is a life coach, a counselor, a motivational speaker, and a published author who recently wrote the book Grief Mountain (A practical guide in recovering from grief and loss). You can find the book here on [Amazon](#).

If you are interested in hearing more from Mary or connecting with what she's doing, check out:

Her website <https://www.coachmcranston.com/>

Her [Instagram](#), [Facebook](#) and [YouTube](#)

Resources:

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Show-notes Episode 16

Down Grief Mountain with Mary Cranston

In part-two of my interview with Mary Cranston we begin looking ahead to the journey down the other side of Grief Mountain.

What can we expect to encounter as we continue to navigate this journey?

Understanding the grieving process gives us permission to accept where we are, to see more clearly the work we are meant to do in this season and to wait expectantly, knowing that this too shall pass.

Mary is a life coach, a counselor, a motivational speaker, and a published author who recently wrote the book Grief Mountain (A practical guide in recovering from grief and loss). You can find the book here on [Amazon](#).

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Show-notes Episode 17

The Secret to Reestablishing Trust

For this final episode in Season 2, we are talking about trust. Upon hearing that word, some of you are already thinking to yourself... I can't trust my child right now. They've made so many choices that have me questioning their thinking.

Well, today isn't about trusting them. Today, we are talking about trusting ourselves. See, somewhere along the way, we lost that ability, and it's time we got it back.

As promised, here are the links we discussed in the show:

[230 Personal Core Values](#)

[Brene Brown's Whole Hearted Parenting Manifesto](#)

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Show-notes Episode 18

A Mom's Search for Meaning

How do I do this, and how do I do this right? That's the question nestled deep in the heart of every parent I meet.

In this episode, we talk about the two truths found in every action we take, and we also discuss the one thing that changed everything in my journey, as well as each parent I've coached or mentored that has implemented it.

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Show-notes Episode 19

When Does the Healing Begin?

Parents who have been stretched thin are questioning their ability to continue holding often ask when does the healing begin?

In this episode we explore what healing really looks like on this journey with our child.

We also discuss some of our obstacles towards getting to a place of healing, how our hope is found in the whispers, whether our patterns in parenting are still serving us in the best possible way and more.

Special announcement regarding the next session of our online support group. Register by emailing "I'm in!" to closedgroup.pathways@gmail.com

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Show-notes Episode 20

The #1 Reason You Feel Exhausted

Raising teenagers can be EXHAUSTING, and in this episode, we discuss the #1 reason for it.

Join the conversation as I talk about what I call the “Backpack Principle.”

This new way principle brings awareness and clarity to what it looks like to begin the process of loving detachment. It’s something I’ve been practicing for a couple of weeks now, and it has been a GAME CHANGER in our family.

We’ll also discuss:

- Why detaching is so uncomfortable.
- Two questions to ask yourself before you jump in to instruct, solve or protect your teen.
- Switching roles from Director to Advisor
- And more..

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Show-notes Episode 21

Building Teen Competence and Confidence with Loving Detachment

One of the reasons we get so exhausted as parents is that we can become a little over-involved in our child's decisions. In this episode, we explore the practice of loving detachment and learn about the surprising impact it can have on building competency and confidence in your teen.

Listen as we review the two questions you should ask yourself before putting your child "in the backpack," and explore together feelings that may come up for you when practicing this form of letting go.

Finally, we'll also discuss Dr. Wayland Meyers's Blog post, [How Detachment Can Be Loving For All](#) and my biggest takeaways from it. **It's definitely a must read.** Click the blog title to check it out! You can also find a link for it on our Resource Page listed below.

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Show-notes Episode 22

Raw, Real & Unedited

Warning: Emotional Episode. Today, I was feeling all the feels. Having a podcast or running a social media page doesn't make you an expert on anything. Don't let anyone tell you anyone different. Being in this role, brings so many blessings and I'm so grateful to walk beside each of you during this season of life but it also has it's challenges. Today's message was taken in a moment of vulnerability on my iPhone when more then anything I just felt the need to connect to you and to let you know that you are not alone in this. There's no intro, no outro and more "ummm" then there should be but it's 100% real. I pray that it still finds its way to speak to what you need today.

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Show-notes Episode 23

Finding Your Path

From the moment we become parents, we condition ourselves to recognize potential dangers. For this reason, as parents with children in the juvenile justice system, it's very challenging to know how much to get involved and how much to restrain. With all our focus on them and their path, we forget that we have our own journey on this path toward healing. In this episode, we talk about that journey and how closely it's tied to discovering what our path and purpose are during this season of our child's life.

Resources:

Pathways website: <https://pathwaystohopenetwork.org/> (Remember to Subscribe!)

- Local and national resources: <https://pathwaystohopenetwork.org/resources/>
- Blog: <https://pathwaystohopenetwork.org/blog-2/>
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Show-notes Episode 24

Getting Through the Holidays

The holiday season can be challenging. In this episode, we talk about some of the challenges you may face, and some new opportunities present this time of year.

Resources:

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Show-notes Episode 25

The Greatest Risk You Are Facing

In today's episode we talk the greatest risk you are facing in this season (it's not what you may think). We also discuss replacing reaction with rest and identify the emotions that may indicate you could be in reaction mode as well as the 4 steps you should take when you find yourself there.

Notes from the show:

Parents on this journey get stuck in a cycle of reacting.

The greatest risk you are up against right now is that what's going on with your child is going to break you.

You are the most important asset your child has. You are the very best chance at your child getting through this and if you are so focused on fixing them that you end up broken things will really start falling apart.

Separate yourself emotionally, mentally and physically if needed from the source of tension. Use a prepared phrase like: "I love you and I need space for a little bit. You are important to me and I don't want to screw this up." Disengage with love.

Be a detective! The story I'm telling myself is... Look for other possible interpretations. If those were true, would it change your response.

Recognize when you are in reaction mode. Say or do as little as possible until peace is restored. Wait until calm before you reengage.

Resources:

Books quoted

- [Codependent No More by Melodie Beattie](#)
- [Unfettered by Mandy Smith](#)

Music discussed (Of course, these are just my choices. Play what works best for you)

- [Lauren Daigle](#)
- Country Music

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Show-notes Episode 26

Stop Trying to Fix and Focus on This

Did you know studies show that over-involved parenting is associated with anxiety, depression, life dissatisfaction, and emotional dysregulation? In today's episode we talk about what everyone guilty of over-involved parenting wants to know. If we're not meant to fix the problem or behavior, what are we supposed to do?

This episode takes away:

- Influence. The biggest shift that happens is we switch from a manager role to an advisor. Instead of giving directions, ask questions and provide emotional support.
- Relationship. Focus on being present in your child's discomfort they may be experiencing without taking it away. Your child is like a kite in the wind and you are the person on the ground holding the string.
- Truth without relationship leads to rejection. Rules without relationship, leads to rebellion. Discipline without relationship leads to anger and resentment. Focus on relationship and not behavior.
- Stay consistent with discipline.
 - Immediate consequences, short-term, remain loving when giving discipline.
 - Non-emotional parenting.
 - Show up mature, loving and consistent. Modeling what the behavior looks like.

Resources:

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Show-notes Episode 27

Strengthening Your Relationship with Your Child

If life as a parent is less than perfect right now, if you feel like you are on a hamster wheel, living the same life over and over again, it may be an indication that it's time to make some shifts in your parenting. In today's episode, we will talk about 3 practical ways you can begin to change your parenting style to better support your relationship with your teen.

Learn about:

- 1) Switching from a model of Punishment to a model of Discipline:
- 2) Switch from Lectures to Discussions:
- 3) Switch from a parenting model of Telling to a parenting model of Sharing:

Your to do list:

Make a list of 5 things to do to make you feel good and put them in your calendar. Take a hot bath, have coffee with a friend, watch a reality show, exercise, take a walk. Find a way to pour back into yourself.

Remember to take things one day at a time.

Resources:

Book quoted:

- [Raising Teens in a Contrary Culture by Mark Gregston](#)

Article studied:

- [Sharing vs. Telling by Vince Gowmon](#)

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Show-notes Episode 28

Title: A Look at Teen Behaviors: Isolating

Today's episode is part 1 of a 3 part series where we will be looking into some common teen behaviors that you might be witnessing in your child, and dive a little into you why it happens, what about it creates challenges for us, and what we can do in response?

The behavior we are focusing on today is isolating. What are some things you can do if you are concerned about isolation?

This episode's take aways:

- Teens' brains and bodies are trying to figure out this influx of hormones, and it's going to take some time to work it out.
- It's developmentally normal for teens to retreat from parents and engage less. It's a practice of self-governance.
- Examine your own behaviors and emotions that are triggered by your teens actions. What can you learn about what you're feeling?
- Try asking less questions and making more observations when your child is less than chatty.
- Use technology as a way to stay connected.
- Create opportunities for fun and laughter together.
- Watch for warning signs of unhealthy isolation and consult a professional when you see them.

Books quoted:

[The Teenage Brain](#)

Articles studied:

[Motivation and What Really Drives Human Behavior](#)

[Understanding the Effects of Social Isolation on Mental Health](#)

Other Resources:

[Feelings Wheel](#)

[Nate Bargatze Comedy Clip](#)

[John Crist Comedy Clip](#)

[Jim Gaffigan Comedy Clip](#) (one explicit word in this clip)

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Show-notes Episode 29

Title: A Look at Teen Behaviors: Manipulation

Today's episode is part 2 of a 3 part series where we will be looking into some common teen behaviors that you might be witnessing in your child, and dive a little into you why it happens, what about it creates challenges for us, and what we can do in response?

The behavior we are focusing on today is teen manipulation. Manipulation we are covering today are guilt trips, playing the victim/deflecting blame, retaliation, as well as anger.

This episode's take aways:

- All behavior serves a purpose. Purpose of manipulation is to wear you down.
- Manipulation is a tactic derived from a desire to self govern and make their own choices. Striving towards independence from parental control is actually considered a developmental milestone based.
- Why does it bother us?
 - It may feel like disrespect
 - It may feel like we are being held emotionally hostage
 - We feel like we are doing what is best for them
- What can you do?
 - Set boundaries you can keep.
 - Don't negotiate, investigate.
 - Consider your bottom line and develop a broken record statement.

Resources

[How Do I Handle Manipulation and Control Video](#) by Karen Purvis and Michael Moore

For support, please email: afrey.pathways@gmail.com

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Show-notes Episode 30

Title: A Look at Teen Behaviors: Conflict

Today's episode is part 3 of our 3-part series looking at some common teen behaviors that you may be witnessing in your child and dive a little into why it happens, what about it creates challenges for us, and what we can do in response.

Understanding that conflict is *less* about an *entitled* teenager or a *controlling* mom and *more* about normal friction created by two individuals both wanting control (whether that control comes from a place of desiring freedom or desiring protection) helps put it into proper perspective.

This episode's take aways:

- Conflict we experience with our child is not only normal developmentally and it can actually benefit your relationship.
- Through conflict we have an opportunity to model healthy conflict resolution. A life long skill.
- Conflict teaches us flexibility and how to listen.
- There are two things I can do that will, 97% of the time, change the trajectory of the path I am on with my child when we are engaged in conflict.
 - Disengage to regulate my emotions
 - Start digging up roots
- Learning and modeling healthy conflict resolution takes practice, practice, practice.
- Remember that these moments of conflict are actually key to the long-term health of the parent-child relationship, because it's in these moments that the relationship gets reshaped to include more reciprocity and equality between the parties.

Resources

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Show-notes Episode 31

Title: Self Care 101: Healing on a soul level

Today's episode is more important than you realize. In fact, self care is *critical* in helping you show up as the mama of a teen struggling through some really hard stuff.

When we take responsibility for making sure we are o.k. We release our children of that responsibility. They get to focus solely on getting themselves o.k. without carrying the extra weight of *our* baggage.

Life has changed trajectory. The path you thought you were on has taken an unexpected detour, and rather than sitting around waiting to see how we are going to respond based on how our child is going to respond.

We are taking the lead on this one.

We are starting our own journey.

A journey that will strengthen us for the battles ahead of us.

A journey that's going to help us show up the way we want to show up.

Strong, brave, and resilient.

This episode's take aways:

- We'll speak directly to the 3 barriers running through your mind right now.
- Your self care provides them with an example of healthy coping skills.
- Self-care is necessary in order for us to show up best for all the roles we have been entrusted with.

Resources

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Show-notes Episode 32

Title: Self Care 101: The Body

“If your compassion does not include yourself, it is incomplete.” Jack Kornfield

In today's episode, I interviewed certified trainer, nutrition coach, and mom of boys Megan Dahlman. Listen as Megan shares with us what she believes moms who find themselves navigating a season of chaos and uncertainty should do first on their self care journey.

This episode's take aways:

- First steps to taking care of yourself.
- The unexpected benefits that come from pouring a little more energy into your own wellness.
- The role our bodies play in our mental health
- And much more....

Links from todays show:

YouTube channel: <https://youtube.com/@vigeofit>

Instagram: www.instagram.com/Megandahlman

FREE Jumpstart Tips: www.vigeofit.com/tips

Jumpstart 30 course: www.vigeofit.com/jumpstart

Additional Resources:

Pathways website: <https://pathwaystohopenetwork.org/> (Remember to Subscribe!)

- Local and national resources: <https://pathwaystohopenetwork.org/resources/>
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Show-notes Episode 34

Title: Finding Inner Peace: Self Care Through Journaling and Prayer

“I write because I don’t know what I think until I read what I wrote” Flannery O’Connor

In this week’s episode, we are continuing to plant seeds of self compassion with our guest Leif Holmes. Leif is a pastor and has been with his wife, Laura, for over 30 years. Together they raised 3 kids. Listen as he shares his thoughts on journaling, how it ties beautifully into our goals for self care, and all the benefits he’s discovered as part of the practice.

This episode’s take aways:

- The unique way Abraham Lincoln created his own version of journaling.
- Journaling provides us a window into the motives of our own heart.
- Don’t overthink it.
- Journaling doesn’t have to be writing.
- And much more....

Additional Resources:

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Show-notes Episode 35

Title: The Role of Self Reflection in the Healing Process

Journaling is simply thinking through your fingers 

In part 2 of our conversation with Leif Holmes we continue our conversation the connection between journaling and self compassion. In this episode we discuss how journaling as benefitted both us personally, what gets in the way of this practice and the most important thing you can do when the storms of life start rolling in.

This episode's take aways:

- We see 10% of the problem. Journaling helps us get to the other 90%.
- Journaling provides us an opportunity to honor ourselves by spending time to examine how our circumstances are truly affecting us.
- In our culture of "Go", Journaling gives us the space to stop, acknowledge our wounds and deal with them.
- The more you journal, the more you'll look forward to it.
- Be patient with yourself.

Links from todays show:

- [Episode 32: Self Care Beyond Bubble Baths: The Role Your Body Plays in Your Mental Health](#)
- [Find 5 Minute Journal Prompts on our Resource page.](#)

Additional Resources:

Pathways website: <https://pathwaystohopenetwork.org/> (Subscribe for weekly encouragement)

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Show-notes Episode 36

Title: 3 Benefits of Practicing Self-Care With A Friend

Friendship is a key coping mechanism for life's tougher moments ❤️

For this final episode in our series on self-compassion, we are wrapping it up with one of my all-time favorite ways to practice self-care...spending time with friends. While it may take *discipline* to reach out when we are struggling, that's really the hardest part of the practice. Once we are around our people, we are able, very naturally, to put down our heavy and come up for air.

Joining me in this conversation today is my very best friend, Tonya. Relax and be part of a conversation between friends as we discuss why friendship is our favorite act of self-care.

Learn more about how...

- This is not your forever. These experiences are a part of your learning and your growth.
- Being with friends rekindles our joy.
- Friendship anchors us during life's storms.
- Time with friends is one of the best ways to decompress.
- The importance of setting 2 standing dates a month.

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Show-notes Episode 37

Title: React Less, Respond More: Parenting Tips for Mindful Communication

Sometimes it can feel like we are full time firefighters where we rush from one crisis to the next, never really fixing problems, just trying to slow down the spread.

Today we talk about the difference between reacting and responding and give you some practical advice on how you can begin the process.

Learn more about how...

- Urgency has a tendency to overthrow the things that are really important to us.
- To identify when you are reacting and when you responding.
- Control is costing you connection.
- To respond when you feel yourself in reactivity mode.
- The barriers you must push through in order to succeed.

Practice this for the next two weeks and let me know how it's going.

- ★ **Hit pause and focus on breathing.**
- ★ **"I want to learn to handle this well, I will do nothing until I have calmed down."**
["I want to handle this well" Phone Wallpaper](#)
- ★ **Once calm grab a sheet of paper and write down:**
 - **What happened?**
 - **What's the impact/fear?**
 - **What might happen next?**
 - **What is the desired outcome?**
 - **What actions should be taken?**

Links from todays show:

Episode 37: React Less, Respond More: Parenting Tips for Mindful Communication

Additional Resources:

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Show-notes Episode 38

Title: React Less, Respond More: Parenting Tips for Mindful Communication

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”

Carl Jung

“And every day, the world will drag you by the hand, yelling, “This is important! And this is important! And this is important! You need to worry about this! And this! And this!” And each day, it’s up to you to yank your hand back, put it on your heart, and say, “No. This is what’s important.”

Iain Thomas

Today we talk about the important roles that connection and control play in our relationship with our teens. With control seeming to be our default as parents it’s important that we stop and ask ourselves what it might be costing us. Listen along as we dive into the SUPERPOWER most of aren’t utilizing in our parenting game and how to begin activating it.

Learn more about....

- The recent poll asking parents with adult children what they would do differently.
- The 3 layers of behavior change.
- Who you want to become in this season.
- The difference between control and connection.
- How to shift the things you are focusing on.

Remember, you’re child is no longer the project, you are.

Practice this for the next two weeks and let me know how it’s going.

- ★ Spend a few days challenging yourself to focus on the positive (however small it may be) vs the negative. The negative things shout and demand our attention so they are easy to spot. Be a studier of the positive. Look for them and take time to truly be grateful for them. Trust me, they are there.
- ★ Spend a few days focusing on working together to solve a problem with your teen vs confrontation and control which only leads to defiance.
- ★ Spend a few days documenting 1% improvements you made during the day.

Links from todays show:

- [Episode 37: React Less, Respond More: Parenting Tips for Mindful Communication](#)
- [Atomic Habits by James Clear](#)
- ["I want to handle this well" Phone Wallpaper](#)

Additional Resources:

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Show-notes Episode 39

Title: **ParenTEENg Decisions: Are You Getting it Right?**

“Everyone we meet is both our student and our teacher.”

Today's episode is a countdown of the four factors that guide our parenting decisions. Together we talk about the benefits & challenges that we experience with each one of these factors.

Join us to learn more about....

- Family dynamics in parenting.
- Peer Influence
- The Benefit of Book and Media
- On The Job Training and more.

Parenting Books and Resources:

- [The Whole Hearted Parenting Manifesto by Brene Brown](#)
- [Loving Detachment by Dr Wayland Meyers](#)
- [Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood](#)
- [The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults](#)
- [Codependent No More: How to Stop Controlling Others and Start Caring for Yourself](#)

Additional Resources:

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Show-notes Episode 40

Title: **The Learning Curve: Navigating the 4 Stages of Learning to Parent a Teen in Crisis**

“Do the best you can until you know better. Then when you know better, do better.”

Maya Angelou

Hey....You made it! I wondered if you would find the time this week, friend. I know that right now, you are juggling all the things, and finding a little time to shut off the chatter in your brain is challenging.

Today's episode is bite sized. Just about 20 mins from beginning to end to kick off a little mini series we are doing on the four stages we go through as we learn to parent a teen in crisis. These stages take us through the learning curve we face as we develop the skills needed in order to feel more confident in our parenting abilities.

Join us to learn more about....

- Stage 1: Unconscious Incompetence
- Common feeling we experience
- Challenges we face.
- Helpful tips to get through stage 1 and more...

Links from todays show:

- [Into the Unknown: What to Expect-Juvenile Court System Part 1](#)
- [Into the Unknown: What to Expect-Juvenile Court System Part 2](#)
- [Into the Unknown: What to Expect-From Yourself](#)
- [Into the Unknown: What to Expect-From Your Marriage/Relationship](#)
- [Into the Unknown: What to Expect-Siblings](#)
- [Into the Unknown: What to Expect-Your Child](#)

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Show-notes Episode 41

Title: The Learning Curve: Stage 2 of Learning to Parent a Teen in Crisis

“Awareness is the first step in healing.”

Dean Ornish

As a parent, you're bound to make mistakes. Of course, you are. After all, nobody is perfect. However, becoming conscious of your incompetence can help you become a better parent.

Today's episode is another bite sized episode, perfect for a quick walk around the neighborhood. The second of our little mini series on the four stages we go through as we learn to parent a teen in crisis. These stages take us through the learning curve we face as we develop the skills needed in order to feel more confident in our parenting abilities.

In this episode, we explore conscious incompetence parenting, which is stage 2 of the learning process and I'll give you a few tips on how to become more effective during this stage of parenting.

Join us to learn more about....

- Stage 2: Conscious Incompetence
- How to tell when you've reached stage 2
- The beautiful element added to our journey once we reach this stage
- Tips to help you move through this stage effectively and more

Additional Resources:

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Show-notes Episode 42

Title: The Learning Curve: Stage 3 of Learning to Parent a Teen in Crisis

"Parenting is not your purpose. It's preparing you for your purpose."

In today's episode we discuss the 4th and final stage of learning. At this stage, our skills we are developing and becoming ingrained in us through repetition. They begin to line up with what feels right to us. Our actions and reactions, even if they don't always yield the results we hope for, are more incongruence with what's important to us, and it starts to feel more natural and effortless.

Join us to learn more about....

- Stage 4: Unconscious Competence.
- Parenting and Shepherding - what they have in common.
- The growth required of us.

Links from today's show:

[Dr Russell Barkley: 30 Essential Ideas Every Parent Needs to Know \(Parents of ADHD Children\)](#)
[Skills of a Shepherd by Kim Gooding](#)

Additional Resources:

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Show-notes Episode 43

Title: The Learning Curve: Final Stage of Learning to Parent a Teen in Crisis

As we heal the parts of us that, even in the midst of chaos, need to grieve over the loss of the family we dreamed would be ours, we get better at parenting. We learn to be ok with holding the reins a little looser because holding them tight never brought our child closer. And through this beautiful process of losing and finding we stumble upon our sweet spot.

In today's episode we discuss the 4th and final stage of learning. At this stage, our skills we are developing and becoming ingrained in us through repetition. They begin to line up with what feels right to us. Our actions and reactions, even if they don't always yield the results we hope for, are more incongruence with what's important to us, and it starts to feel more natural and effortless.

Join us to learn more about....

- Stage 4: Unconscious Competence.
- Parenting and Shepherding - what they have in common.
- The growth required of us.

Links from today's show:

[Dr Russell Barkley: 30 Essential Ideas Every Parent Needs to Know \(Parents of ADHD Children\)](#)
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Show-notes Episode 44

Title: From Seed to Harvest: Finding Peace in The Process of Parenting Teens

Our children are like flowers. They all bloom at different times. Maybe it's not their season. Maybe it is. Maybe all their growth is happening in the roots. Maybe they need more of something. Maybe they need less.

Our job is to tend the garden and wait.

This year, in my stroll around the yard, I took a little inventory of how each of my plants was doing. I noticed the ones that seemed a little further along this year than they were this time last year and the ones that, after several years were still not producing the way I thought they should. Then suddenly, I was so struck by how much parenting teens and young adults is a lot like tending a garden that I knew I had to share it with you.

Join us as we discuss...

- Your child's zone.
- Starting at ground level.
- How to soften the seed.
- The DANGERS of overwatering.
- Getting to the roots.

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Show-notes Episode 45

Title: Is it Time to Say Get the "F" Out of Here

What will you pursue in the middle of this mess that might somehow justify your suffering?

In this episode, we are opening our eyes to one of the biggest struggles we experience as parents of teenagers or young adults in crisis. Whether we are dealing with teen behavior issues, addiction, failing grades in highschool, manipulation or isolation there is a heaviness that creeps in around us and seems to have no intention in leaving anytime soon.

Join us as we discuss how we go from hurting parents to healing parents and to learn about a special opportunity coming to you October 2023!

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In episode 48, we're diving into a topic that's pretty important on this parenting journey through the hard: talking openly and genuinely with our teenagers.

You know, as parents, it's crucial to get a handle on our own emotions and fears before we embark on those deep heart-to-heart chats. Think of it like learning a new dance – it takes time, understanding, and a solid connection.

In this episode, I've got some down-to-earth strategies to share that'll help you get closer to having deeper conversations with your teens. We're also gonna chat about the whole influence-versus-control deal – trust me, it's a game-changer.

And because some of us may need a little more help, I've got a cool resources for you. Listen to find out how you can snag a free PDF loaded with journal prompts designed to get you ready for those heart-to-heart talks. Plus, stay tuned for an upcoming workshop where we'll tackle those fears head-on while learning from each other's stories and experiences.

 [Sign up for our FREE Workshop 4 Principles for Fighting Fear on November 9th here!](#)

 [For your free Heart Talk Prompts email me at afrey.pathways@gmail.com](mailto:afrey.pathways@gmail.com)

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