



A Parent's Guide

**ON HOW TO ENCOURAGE  
THEIR TEENAGER**



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# ON HOW TO ENCOURAGE THEIR TEENAGER

This resource includes an encouragement template to help you *speak courage* into the heart of your teenager. You can fill it out, leave it on their pillow, hang on a wall, or place it in their car. This template helps you learn the language so you can do it in your way. Think of it as a starter kit!

### WHY ENCOURAGE?

Parents have the power to speak life-giving words into the soul of their teenagers. Although the son or daughter has the power to choose whether they believe it or not, the parent has the opportunity to cast a vision of who their teenager can become and pray they receive it.

Words may seem insignificant compared to other parts of parenting, but words are like a superpower. If wielded for good, it can change someone's world—multiple worlds, actually (like down to three and four generations). If wielded for harm, it, too, can change someone's world down to three and four generations.

### WHEN ENCOURAGE?

There is no magical, perfect moment to *speak courage*. The most powerful ones are the words said over and over, built over time. So parents can encourage on-the-go, conversation-style and here are the three most common:

- a. Life brings an opportunity for the conversation.
- b. The teenager has a circumstance that creates an opportunity for the conversation.
- c. A parent sees a need to have an intentional, scheduled conversation.

### HOW ENCOURAGE?

Encouraging a teenager is an opportunity for parents to hold up a mirror to the son or daughter's soul and explain to them *who they are*, not just what they have done. In other words, parents speak courage into their identity, soul, or character, not their performance. Because when parents speak to the performance, it can imply the son or daughter needs to do something appropriate to receive love and acceptance.

### LET'S GET STARTED.

Encouraging the soul takes a different twist on encouraging performance, so we include a sample page with examples. Once you are familiar with the language, we have a **Parent Encouragement Script** to get you started. Think old-school Mad Libs. Just fill in the blank each time you want to encourage your son or daughter. After a few times, the language will catch on! But...we also include a printable **Note For You** just in case! 😊

# ENCOURAGEMENT EXAMPLES

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## Soul vs. Performance

### SOUL

One of the things I respect the most is a hard worker, and when I watch you work hard for your studies, I see a very hard worker. When you are an adult, you will use this characteristic well.

vs

### PERFORMANCE

Your report card came out. I saw you received all A's. Great job.

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### SOUL

I marvel at how patient you are with the calls the referees made during the game. I want you to know that I see you are slow to become angry, and I admire that in you.

vs

### PERFORMANCE

I love that you scored 12 points in the game last night. I am proud of your success as an athlete, and I encourage you to score 16 points in the next game. Keep getting better.

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### SOUL

You have a natural beauty that no makeup or outfit could ever enhance. You are truly beautiful. If you want to wear makeup, do it for yourself, not others.

vs

### PERFORMANCE

You will always need to put on makeup before you let anyone see you. Present a face and present it well.

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### SOUL

You will find your way. You are willing to fail, and I notice you keep getting back up. I am proud of your resilience. Keep trying.

vs

### PERFORMANCE

I wish you were more like John. He can do that already. Keep trying.

# ENCOURAGEMENT SCRIPT WITH HINTS

 = Parent Hint

\_\_\_\_\_  
*(name of the daughter/son)*

I want to take a few moments to tell you how I see you. Recently, I noticed

\_\_\_\_\_  
*(something you saw them do or say)*


Your actions remind me of the characteristic \_\_\_\_\_.  
*(a character trait you want to affirm)*


You remind me of \_\_\_\_\_.  
*(the name of a person who embodies the character trait)*


I know you are going to be a responsible adult, because adults use this  
character trait when they \_\_\_\_\_.  
*(an adult situation where they will need the character trait)*


I am proud of who you are. I am proud of who you are becoming. I respect  
you. I honor you. I love you.

\_\_\_\_\_  
*(the name of the parent/guardian)*

 Teenagers can sense “fake” from a mile away, so take time to intentionally think through the details of what you want to say. Is there a way to be very specific?

 Teenagers develop the ability to think abstractly during puberty. This moment presents a powerful opportunity to introduce new characteristics you want to instill in your son or daughter.

 Teenagers are in the process of developing who they are outside of mom, dad, or guardian. Be intentional to name someone outside of the immediate family unit.

 Adolescence is a time when teenagers become aware of adult responsibilities. Sometimes this can overwhelm them, and other times excite them. Tailor the example to your son or daughter and make sure to keep it age-appropriate.

# A NOTE FOR YOU

\_\_\_\_\_

I want to take a few moments to tell you how I see you. Recently, I noticed

\_\_\_\_\_.

Your actions remind me of the characteristic \_\_\_\_\_.

You remind me of \_\_\_\_\_.

I know you are going to be a responsible adult, because adults use this character trait when they \_\_\_\_\_.

I am proud of who you are. I am proud of who you are becoming. I respect you. I honor you. I love you.

\_\_\_\_\_