DEVELOPING RESPONSIBILITY WITH ADOLESCENTS
by Rob Guttenberg

In order to understand how you can show respect towards your teenagers, it is important to gain an understanding as to their capabilities.

What are your teenagers' responsibilities? Which of these responsibilities have you assumed because you doubt your teen's ability to handle them? Do your teenagers behave in certain ways to convince you that they cannot or will not meet a responsibility, or only when reminded? What would happen if you stopped doing those things that you have been doing that are the teen's responsibility? How can you be encouraging to them? What are the responsibilities that are shared by everyone in your family?

Fill out the following list with your teen in order to see if you are showing respect regarding what your son or daughter can undertake.

<table>
<thead>
<tr>
<th>Area of Responsibility</th>
<th>Whose Responsibility Is This?</th>
<th>Who Currently Takes the Responsibility?</th>
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**School:**
- Attendance
- Lunch money
- Time of arrival
- Choice of clothing
- Homework
- Course selection
- Tests
- Return of signed forms
- Grades
- In-school peer conflicts
- Teacher conflicts
- Extra-curricular activities

**Home:**
- Sibling conflicts
- Cleanliness of teen's room
- Fixing breakfast
- Completing assigned chores
- Turning off electrical appliances
- Getting to dinner on time
- Deciding on bedtime
- Care of personal belongings
- Getting to work on time
- Peer conflicts
- Making doctor appointments
- Taking prescription medicines
- Dental care

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