

Conclusion

There is one final exercise that I would like you to do. This should be familiar to you but it will help demonstrate how far you have come.

Once again, please make a list of all the things that your teen is currently doing that still bothers you and divide the list into items that do affect you and items that do not affect you.

Your Teen's Column	Your Column

Now compare this list to the list you originally made in Chapter 4.

You should see a big difference between these lists. This difference is what you have accomplished.