

Chapter 9: Establishing Your Rights

If you are having difficulty with your teen, a basic problem that is very likely happening is that your relationship has shifted from one in which there is mutual respect to one in which you are battling for control and domination.

We discussed earlier the idea of giving up on controlling your child. Now we are going to discuss how to get your child to stop controlling you. The way we are going to do that is to have you stand up for your rights.

Deciding Upon Your Rights

So what exactly are your rights? Well, they are really whatever you decide they should be. You see, you are the parent. Therefore, you really are in control of the situation.

Which rights you choose is up to you. There are no rules here, except to be fair.

I want to point out that these rights go both ways. Anything you wish to claim for yourself, you must be prepared to give to your teenager also. That is the basis of having a fair and equitable relationship.

The following is a sample list of rights you might choose to have:

- The right to privacy
- The right to enjoy a relationship with your spouse
- The right to be free of fear of violence
- The right to have my belongings safe
- The right to my own private time
- The right to have a reasonable amount of peace and quite
- The right to be treated with courtesy
- The right to be treated with respect
- The right to close up the house at night and have no one enter or leave
- The right to have everyone help in the home; no free loaders

Take some time now and decide which rights you want to claim for yourself.

My Rights

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