

# The ABCs of Showing LOVE

(Adapted from "Tips For Raising Teens : A Primer For Parents" by Robert J. Mc.)

**This exercise can be completed by both teenagers and parents and then the responses shared. When two parents are completing this exercise, they should do it separately before sharing their responses.**

## FOR TEENAGERS:

Below are many different ways of showing love to parents. Rate yourself on how often you show love in these ways. (**O = often; S = sometimes; H = hardly ever; N = never**).

- I ask my parents how I can help.
- I give my parents flowers.
- I try to understand my parents' viewpoint.
- I thank my parents for their help.
- I talk to my parents about things that interest them.
- I do fun things with my parents.
- I listen to my parents.
- I tell my parents that I love them.
- I send notes or cards to my parents, on more than birthdays.
- I spend special time alone with Mom or Dad.
- I let my parents know they are special to me.
- I tell my parents I appreciate them.
- I hug my Mom or Dad.
- I thank my parents for supporting our family.
- I forgive my parents when they make a mistake.
- I celebrate special times with my parents.
- I obey the rules my parents set.
- I spend time doing things with my parents because I want to.

## FOR PARENTS:

Below are many different ways of showing love to your teenagers. Rate yourself on how often you show love in these ways. (**O = often; S = sometimes; H = hardly ever; N = never**).

- I ask my teenagers how I can help them.
- I give my teenagers flowers.
- I try to understand my teenagers' viewpoint.
- I talk to my teenagers for their help.
- I talk to my teenagers about things that interest them.
- I do fun things with my teenagers.
- I listen to my teenagers.
- I tell my teenagers that I love them.
- I send notes or cards to my teenagers, on more than birthdays.
- I spend special time alone with each of my teenagers.
- I let my teenagers know they are special to me.
- I tell my teenagers that I appreciate them.
- I hug my teenagers.
- I thank my teenagers for their contributions to our family.
- I forgive my teenagers when they make a mistake.
- I celebrate special times with my teenagers.
- I talk to my teenagers about the rules we set for them.
- I spend time doing things with my teenagers because I want to.

## NOW SCORE YOURSELF ACCORDING TO HOW MANY TIMES YOU CHECKED O OR S.

- 14 to 20** – Bravo! You really know how to let your teenagers/parents know you care! Keep it up!
- 7 to 13** – Good work! It sounds as if you know how to show love to your teenagers/parents. But you should stand to do it more often or in a greater variety of ways. Try three new ways this week.
- 0 to 6** – Ouch! You need to work on showing love more. Pick out two new ways to show love each week for the next three weeks, and give them a try. Find ways that are comfortable for you, and meaningful to you and your teenagers/parents.