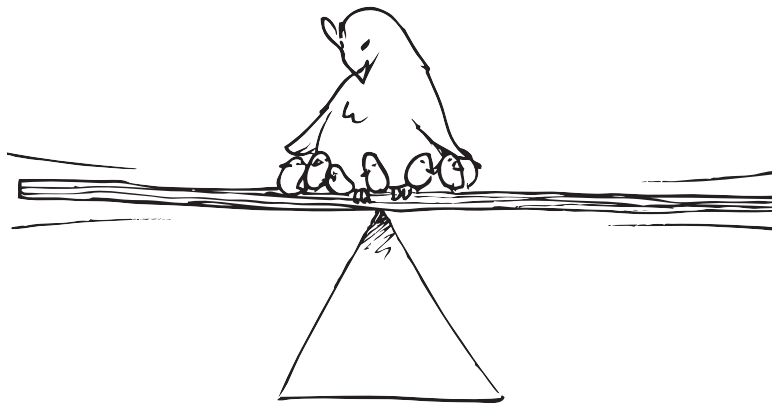
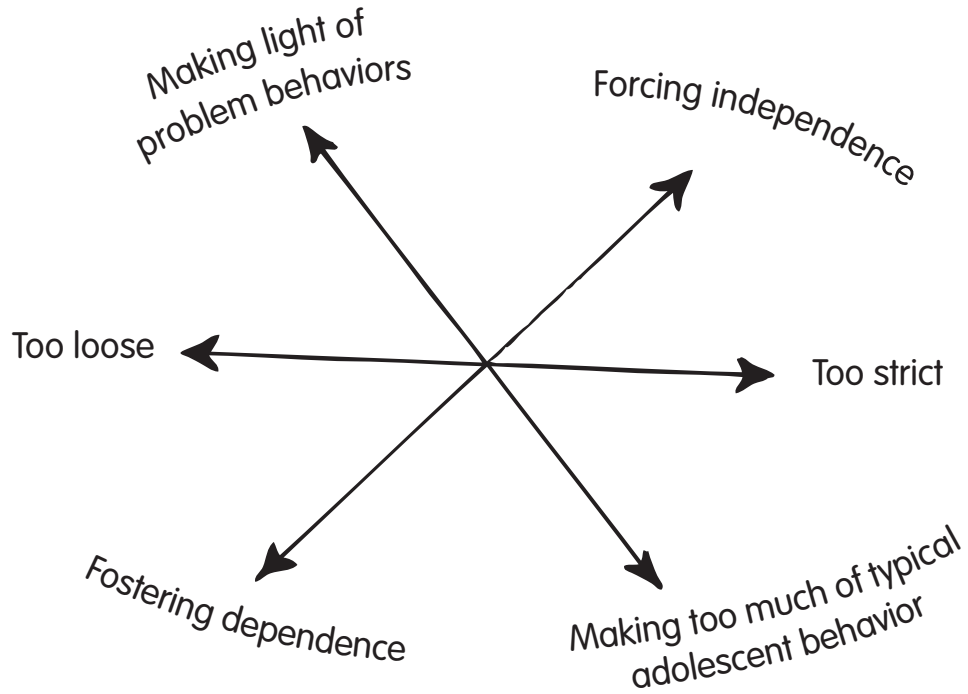
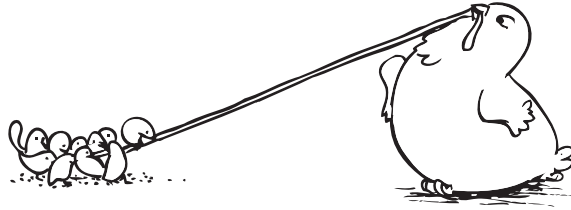


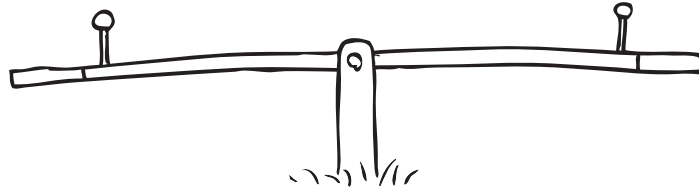
## Dialectical Dilemmas



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## Dialectical Dilemmas: How Does the Dilemma Apply to You?

Too loose



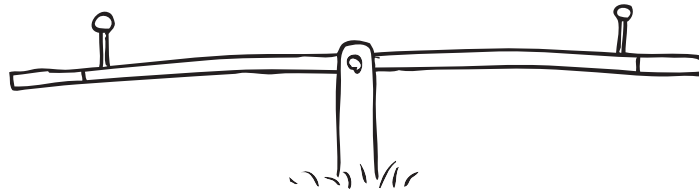
Too strict

Have clear rules and enforce them consistently

**AND AT THE SAME TIME**

Be willing to negotiate on some issues and don't overuse consequences

Making light  
of problem  
behaviors



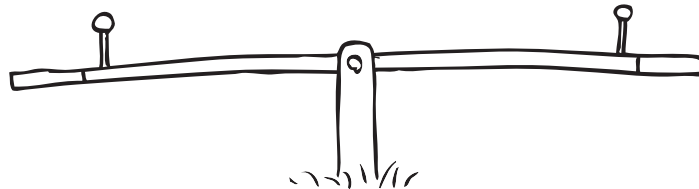
Making too  
much of typical  
adolescent  
behavior

Recognize when a behavior "crosses the line" and get help for that behavior

**AND AT THE SAME TIME**

Recognize which behaviors are part of typical adolescent development

Forcing  
independence



Fostering  
dependence

Give your adolescent guidance, support, and coaching to help figure out how to be responsible

**AND AT THE SAME TIME**

SLOWLY give your adolescent greater amounts of freedom and independence while continuing to encourage an appropriate amount of reliance on others

**Place an "X" on each continuum to note where you are, a "Y" where your family member is, and a "Z" for a second family member.**

**What do you need to do to think and act more dialectically?**