

ADOLESCENT RESISTANCE HANDLING TIPS

strategies for managing resistance in teens



1. Build Trust Gradually

Gaining an adolescent's trust is fundamental for overcoming resistance. Establish a rapport by being genuine and consistent. Avoid pushing too quickly for personal information; instead, listen and show empathy. This steady build-up of trust can alleviate defensive behavior.



2. Active Listening Skills

Adolescents often feel misunderstood, so active listening is crucial. Reflect back what the teen says to show understanding. Avoid interrupting or jumping to conclusions. This practice can help adolescents feel valued and more willing to open up.

8.

Use Creative Interventions

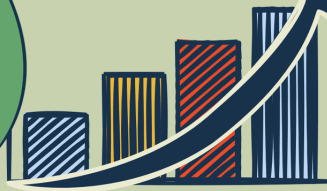
Traditional approaches might not always work with resistant adolescents. Creative interventions such as art, music, or play can provide alternative outlets for expression. These approaches can bypass resistance barriers, allowing adolescents to express themselves freely.



3.

Use Clear Communication

Clear, age-appropriate language can break resistance. Avoid jargon, and ensure instructions and explanations are direct. Adolescents appreciate when adults communicate thoughtfully and transparently, reducing misunderstandings that can heighten resistance.



7.

Stay Patient and Calm

Resistance can be frustrating but staying calm and patient is crucial. Reacting with frustration can escalate tensions. Keeping a composed demeanor helps de-escalate situations and portrays confidence, encouraging the adolescent to reflect over their resistance.



4.

Encourage Involvement

Involve adolescents in decision-making regarding their therapy process. When teens feel they have a say, it fosters ownership and reduces pushback. Collaboratively setting goals can enhance motivation and decrease opposition.

Adolescents need boundaries for safety, yet they often test limits. Express these boundaries respectfully and consistently. Remaining firm yet understanding can help reduce resistance and ensure the adolescent feels secure within your framework.

6.

Set Boundaries Respectfully

Acknowledging an adolescent's emotions helps mitigate resistance. Validation makes teens feel heard and respected, easing defensiveness. Even if you don't fully agree, showing empathy towards their feelings can create a safe space for open dialogue.



5.

Validate Their Feelings

