

Teenagers

CLASSIC MOVE: Slamming bedroom doors in your face, grunting when you asked how school was.

UGH, WHY? “It’s not easy to be a teenager. They are changing cognitively, emotionally, and physically, and they are self-conscious,” says Barbara Greenberg, PhD, a clinical psychologist and the author of *Teenage as a Second Language*. “They want space but don’t know how to ask for it.”

THE FIX: Don’t chase or yell. Instead, validate her emotions: “It seems like you’re upset. When you’re ready to talk, I’ll be around.” Later (post-cool-off), explain a less rude way to communicate: “Mom, I need a few minutes. It’s been a rough day.” Says Greenberg, “Teens will appreciate that. They don’t like feeling out of control either.”