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**10 reminders when practicing disengagement with teens:**

1. I chose a partner who has children, **not because** they have children
2. My responses are and **should** be different from their parents' reactions.
3. My insights, thoughts and opinions on parenting are equally **valuable**,  
however that **does not** make me an **equal partner** in parenting their  
children.
4. My **direct involvement** is likely to result in deflection and/or **escalation** of  
the issue.
5. My partner sees my efforts and **appreciates** them even if they don't always  
**agree** with them.
6. I am **not responsible** for the consequences of **other people's** choices.
7. Teen years are difficult for **everyone** in **all** families.
8. I understand that teens are often **oversensitive, self-obsessed, and unaware**  
**of others' needs** so I will try not to take it **personally**.
9. I am practicing disengagement because I am **prioritizing my relationship**  
with my partner and my own **health and happiness**
10. I will be **kind** to myself during this process because disengagement is  
**difficult!**