

Empathy Busters (S.S.S.S.S.LUR.P.P.E.D.D.):

Solving the problem: "I'll fix it." "I'll get a new one."

Sympathy: "Oh you poor baby."

Sarcasm: "I'll give you something to cry about."

Shame, blame, put-downs: "airhead" "lazy" "selfish"

Scolding: "How could you?" "Why don't you ever listen?"

Lecturing: "If you don't start studying, you'll never...."

Unsolicited advice: "What I would do...."

Reassurance: "There will be other games (or boys or tests)."

Philosophy lesson: "Life is like that sometimes."

Psychoanalysis: "I think the *real* reason you are upset...."

Enemy (defending the...): "He's under terrible stress."

Detective: "So what did *you* do?"

Dismissing feelings: "It's not that big a deal."

Note: *Feelings and viewpoints are not right or wrong, they just are.* If the teen detects you are invalidating his or her feelings, he or she will become more upset and simply work harder to convince you that he or she has a good reason to be angry (upping the ante).

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