

As can be seen, the differences are marked, and each side of the story will have different effects on our own behaviour, as well as the relationship between ourselves and our children. Again we remind ourselves that which ever side of the equation we follow there will still be challenging times between ourselves and the people with whom we share our lives.

## The other side of the story - From the young persons' perspective

<p>Message is: My parent is responsible FOR me</p>	<p>Message is: My parent is responsible TO me</p>
<p><b>My Feelings might be:</b> Scared, resentful, angry, upset, hurt, rejected, excited (about rebellion), ashamed, guilty .....</p>	<p><b>My Feelings might be:</b> Valued, safe, loved, may feel a bit confused if this is a change in parental behaviour, feel able to make mistakes without blame or shame.....</p>
<p><b>My Thoughts might be:</b> You don't trust me to make my own decisions ! I know best, I'll show them. At least my friend will not make me feel stupid. You can't make my decisions. Don't tell me what to think or do (or feel) !</p>	<p><b>My Thoughts might be:</b> You believe in my ability to make an informed choice and will help if I make mistakes. I am valued and can talk about things. You care about me, respect my decisions and value my ideas.</p>
<p><b>My Behaviour might be:</b> Challenging, swearing, give up the friend, defy parents, tantrums, become secretive, retreating, confrontational, argumentative about other things as well, self-destructive .....</p>	<p><b>My Behaviour might be:</b> Willing to discuss ideas, willing to listen to alternative ideas, willing to change my ideas if I can see that I have made the wrong choice, able to make mistakes and feel comfortable with those mistakes, able to take responsibility for my own actions .....</p>

We can also compare each side of the equation:-

### Responsible FOR vs Responsible TO

- control vs influence, enable
- outside rules vs inside feelings
- care based on fear of mistakes vs care based on acceptance
- becoming stuck at levels of resistance vs moving through resistance
- non-assertive (may be aggression) vs assertive
- conflict and resistance based vs co-operation and resolution based

