

parenting, discipline, depression, motivation, lying, ADHD,
fighting, anger, teenager, family

Connecting With Your Teen: Seven Principles to Resolve
Teenage Behavioral Challenges

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/2251.html?s=pdf>

Connecting with Your Teen: The 7 Principles to Resolve Teenage Behavioral Challenges

By John P. Oda PhD, NLP

www.motivateteens.net

Acknowledgements

As I reflected upon this project, I realized it was a major achievement that I needed to accomplish in my life. I feel like the Chicago Bulls of the 90's, and at times I feel like Michael Jordan when he won his first NBA championship. I have had many people shape my life in a positive way and some of their words, actions, and behaviors will stick with me forever.

First of all, I would like to thank God for giving me my talents to help people. I would also like to thank my parents Odessa and Wardine Oda for giving me support, love and guidance. Because of them, Dr. John is in the house! I would also love to thank my brothers and sister for their support. Joseph Odessa Oda Jr., Cynthia Oda, Omar Oda, Janice Oda Gray, Romaine Oda, Joyce Oda Story, Benjamin Oda, Elizabeth Oda, and Makeba Oda Moore

Special thanks goes to Sarah Godman of Portland Oregon for organizing this book, and special thanks goes to my editors, Noelle Raelson the author of *Easy Jesus* from Valparaiso, Indiana, and Rickey Pittman, author of *Red River Fever* and other books.

Much love goes to Joseph McClendon III, for giving me support, pushing me to my next level, and for being a brother, mentor, friend and someone I can count on through good times and challenging times.

A special thanks go to my Aunt Elma "Lottie" Randolph in Michigan City, Indiana, who always told me, "Stand for what you believe in" and go for your dreams.

From the mental health field, I would like to thank a man who made me believe in myself. This person took the time to work with my raw talents and in doing so he changed my entire destiny. Without this man, I would not be where I am today. I want to thank him from the bottom of my heart. I had the privilege of working with Carl Scott at Kingwood Hospital in Michigan City, Indiana and also at River Edge Hospital in Forest Park, Illinois.

Another person in the mental health field I would like to thank is Steve Goldstein. Steve has consistently given me the support I need to work in the Portland, Oregon area.

I would also like to thank Ray Shellmire, LCSW, of Portland, Oregon for helping me establish myself and giving me guidance in working with difficult clients in the mental health field.

An additional thank you to Victor Smith, of Portland Oregon, for always supporting me by giving me positive feedback, and telling me that I am going to become a great preacher someday.

I would also like to thank my success coach, Michael Leahy. Michael has supported me with publishing my book and encouraging me to go for my dreams.

I would like to thank Torrance Burrowes for helping me in the most difficult, confusing time in my life. He gave me spiritual guidance and supported my goals and dreams.

I would also like to thank Chuck Washington from Portland, Oregon, the publisher of the *Portland Observer*. He gave me my first break in writing my columns. I would like to also thank Richard Busch for giving me support and encouragement for writing in his paper, *The East County News*. By doing so, we have all helped teens change the quality of their lives.

I would like to give the most special thanks to my wife Keiko Oda, for loving me, supporting me and being my best friend. She has believed in me and encouraged me to go for my goals. I would also like to thank my additional family in Japan, Shigeru, Hiroko, and Rumiko Sawada for loving me and giving me support.

Finally, I wish to say that despite all of these outstanding influential people and their input into my work, the final responsibility for the ideas in this book rests solidly with me.

Dr. John Oda---Portland, Oregon, June 2005

This book is dedicated to my grandmother, Eva Green (1905-1977), for her love, honesty, compassion, understanding. Her love for education and wanting her grand children to be the best they can be. It was a privilege to have her as a role model at a young age. It's a true blessing to have my grandmother as an example.

To my wife, Keiko, the woman of my dreams, my best friend, my better half. The person who kept me grounded and humble, and supported my dreams. I love you forever.

To my friends, Allan Magbanua, Luis Bengero, and Dave Lopez of twenty years or more who have given me encouragement, support and love.

I give thanks to God for giving the ability to help people, to make a difference in people lives. To share my passion, my love to serve others in the highest way.

Table of Contents

Foreword by Joseph McClendon III.....	xi
A Teen Story	1
The 7 Principles for Connecting to Your Teen	10
Rapport Skills	19
Achieving Rapport.....	19
Bonding with Your Teenagers.....	20
Benefits of Rapport.....	20
Mirroring	21
Using Music/Media as Positive Influences.....	25
Action Plan for Parents Around Music/Media Influences	27
Special Addenda: Case Summary	33
A letter from Heather after she left the hospital:.....	45
Special Addenda: Excerpts from Dr. Oda’s Columns.....	67
Services Provided by John Oda.....	83
Speaking Bureau.....	83

Foreword by Joseph McClendon III

It has been said many times and in many ways that the future holds untold promise and abundance for all of us. Our attitudes, our work ethics, our self-esteems and our belief systems all contribute to what we can and will make of our lives.

In general, the earlier we receive positive influence, and more specifically, the earlier we accept and execute the lessons of that positive influence. The faster we build a life that we can be proud of and one that contributes to the betterment of our families and the ones we love.

In short, the earlier we learn life's most important lessons and the earlier we put them into practice. The easier we make our lives. At the very least, we enhance our availability to be the recipients of what is possible for the future.

There is not a parent on the planet who doesn't want the very best for his or her children. There is not one teacher or coach that doesn't want to shorten the semesters of the school of hard knocks for their students. We all want them to learn what we already know sooner and to avoid some of the mistakes that could cost them so very much in the future. As parents we want to be able to accept that communication and at the very least consider it.

Although communication skills are certainly the better part of the solution, they are not the complete solution. Learning to be a more effective communicator on the part of the parent or teacher is the key to achieving measurable dynamic results.

I've known Dr. John Oda for over a decade now, and besides being a peak performance expert, a tireless advocate for teens and their parents, and a concerned therapist and personal coach that helps others make breakthroughs, I have found him to be a friend. Tirelessly, he consistently gives of himself, often making believers out of clients who come to him having never believed in themselves or their abilities.

Dr. Oda's principles can be life-changing if you will have faith. Through his program you will begin to transform your life as you simply begin to believe more and more in yourself and your abilities to influence yourself and others.

Connecting with Your Teen

Dr. Oda is a peak performance expert specializing in assisting others in getting the best out of themselves. Certified in Neuro Linguistic Programming and several other techniques, he pays close attention to the social and emotional influences that impact our youth. Dr. Oda's approach is unique and effective.

Through stories and examples, Dr. Oda weaves lessons that hit home for all of us. He tells the story of one teen who made poor choices and wrecked his life and how he longed to make the opposite choices. In another scenario he shows the same teen making the better choices and how much happier he is. This serves as a warning and a rallying cause for the importance of connecting with your teens. Luckily for us the readers, he next shows us his Seven Principles for Connecting with Teens and how important this is. Now, just these principles alone would be well worth the cost of this book, but Dr. Oda doesn't stop there.

Drawing upon his many years of clinical practice in in-patient and out-patient settings, as well as private practice where he has worked with thousands of teens and kids, he relates tragic, gut-wrenching studies of teens who reached critical turning points in life. He describes their cases, and drives home his points about how his principles could have made a difference and illustrates powerfully how he used the principles in working with these challenging cases. He shows you cases where lives have been changed and transformed.

You too will find yourself transformed and changed if you as a parent or other caregiver of teens and kids will apply just some of the principles in this book. I heartily recommend it and encourage you to learn how to better connect with your teens and show them the love and affirmation that they need to help them face the many challenges that exist in our current age. In the process, your life will be changed, I guarantee it!

-----Joseph McClendon, III, Head Trainer for the Anthony Robbins Organization, UCLA instructor, co-author of two best sellers *Unlimited Power the Black Choice* and *Power Thoughts*.

A Teen Story

Allan Private was a high school senior unhappy with his performance in academics. He did not get along well with his parents and had attempted suicide several times. A mental health worker told his family that Allan had low self-esteem and lacked self-worth, thereby inhibiting his ability to love himself.

Allan's teachers told the family that he was failing all of his classes due to hanging out with the "wrong crowd," skipping school and not handing in his homework. Allan told his parents that his only focus in life was partying with his friends and doing drugs. He wanted an escape from his unsuccessful life, the yelling and fighting in his home, and his own apathy.

One night he went to a rave with some friends, the biggest party of his high school career. Everyone was drinking and using drugs, including Allan. After partying for a while, Allan felt like going home. He got into his car and sat overlooking the city. His shoulders slumped and his head hung low.

He thought about all of the wasted time and energy he had put into his family and school. He blamed his parents for not supporting him. He blamed his school for demanding homework and studying. He blamed his old friends from grade school for moving ahead and leaving him behind.

He started his car and made his way home. He felt like his world was spinning like a top. His vision was blurred and his body was drenched in sweat. He could not control an intense sensation moving through his body.

Stepping on the gas, Allan drove the car faster and faster, trying to get home quickly in order to stop this overwhelming feeling. He was filled with fear and anger, leading to poor impulse control. He went through several red lights, and finally as he ran through one, there was another car, a collision, and then darkness.

Eventually, he lost consciousness of the external world, leaving him feeling internally different. Pain filled his body. Allan could see everything around him as though he were in a dream. There were ambulances, tow trucks and people crying over dead loved ones. Allan could hear his friends talking

Connecting with Your Teen

amongst each other, pitying him and hoping he did not die. He could see himself lying on the ground, with the firefighters across the way sawing through the other car to remove the dead passengers.

Then, he saw two paths to take, and realized that he was about to start his journey. Allan was taking the easy road while the other path seemed entirely too difficult—full of hard work and requiring persistence. Allan decided on the easiest route. The first path led him into a dark tunnel and once through the tunnel, a bright light shone in his eyes.

Allan awoke from his dream in a hospital bed with a doctor standing over him asking questions: “What’s your name? Where do you live? What is the date? Who is the President of the United State?” Allan replied, “I think its March 20th, 2005. George Bush.” The doctor appeared confused and asked the questions again, to which Allan provided the same answers.

While the doctor checked his vitals, Allan asked for his parents. The doctor explained to him that he had been in a very bad car accident and had been drinking. His son was in the car with him and did not survive. He went on to say that is was the year 2030 and he did not know where Allan’s parents were.

Just then, a frantic woman came bursting into the room screaming at Allan. Hospital attendants rushed to hold her back as the middle-aged woman yelled that Allan had killed her baby and she wished that he had died instead. The woman had a hard face, as though she had been drinking for much of her life.

Allan was confused; he did not know what to say or do. He asked himself: “What has happened to my life? How did I end up with so much pain and sorrow? How did I create a life so messed up?” The doctor interrupted his thoughts, telling him to rest, but Allan just wanted to go home and find out what was going on.

Allan asked his girlfriend, Carol, who was by his hospital bed, to take him home. On their way home, Carol complained and made excuses for why her life turned out so badly. She blamed society for why she was poor and had mental challenges. She faulted society for ruining her chances to succeed.

Once they arrived home, four poor-looking children ran out of the house without shoes on their feet. Carol yelled at the children to get away, and they

The 7 Principles to Resolve Teenage Behavioral Challenges

ran off quickly. Once inside, Allan was eager to learn of how his life got to be this way, but Carol just wanted to get drunk and high. Allan sat there asking himself how he could be in a relationship like this.

Allan asked himself why he would be in a relationship like this. Allan's friend Ken stopped by the house. He said, "Man you are one lucky guy. I am happy to see you alive." Allan explained to Ken that he doesn't remember his life, and asks him if he can explain to him what happened.

Ken explains to Allan that they went to high school together, and after his accident when he was eighteen years old his life changed. Ken explains to Allan that people died in that accident and Allan's life went downhill. Ken explains to Allan that at twenty-three years old, he was a very abusive guy toward his girlfriend. He yelled, screamed, and sometimes hit her. He was a very negative complainer and never had a real job. He always wanted people to take care of him

Ken also told Allen that he lived in an old barn, where he had parties all night. Ken explains to Allen that he appeared old looking. It seems like he had a rough life, and the drinking and partying was too much for him.

Why did Allan make the wrong choices? What can Allan learn from his mistakes?

- 1. Have a personal mission statement.*
- 2. Whatever you focus on, you will become.*
- 3. Raise your standards.*

Ken, continued, saying that in his late twenties, Allan gained an unhealthy amount of weight, around 60 pounds, and always appeared depressed. Allan had also attempted suicide several times. He exhibited an explosive rage towards people. At times, he was homeless and would dig through garbage for food. Allan had even been a male prostitute, selling his body for money to buy drugs. Most of his friends were in jail, prison, or dead. Upon hearing all of this, he felt horror and shame, realizing that the people he had associated with dictated his own standards of living. He was disgusted with himself and wanted to go back in time.

Connecting with Your Teen

Suddenly, Allan felt sick to his stomach. He told Ken that he was getting tired and wanted to get some rest. As he fell asleep, he thought, "I know how to change my life. Please give me a second chance."

Once asleep, a visible force guided Allan to a funeral where his family was present. Allan listened to the pastor read out the short obituary and it seemed like the deceased had not accomplished much in his life. Allan asked the guide who the funeral was for. The guide turned to him and said, "Allan Private," pointing to the tombstone that read, *Allan Private. 1982-2030*. Allan begged the force to take him home. The guide told Allan that he could not return home until he met another guide, and that this guide would bring closure to his past.

Allan asked himself a powerful question: "What must I do to change my life now?" A voice inside his head replied, "Your thoughts, words and actions are creative. So whatever your thoughts are, your feelings and actions will follow and produce the results of your life."

What can Allan learn from his past?

- 1. To change your environment, meaning the people you associate with.*
- 2. Monitor your thoughts, words and actions because they create your destiny.*

Allan fell asleep and met another guide in a dream. He came upon a dark tunnel, and once at the end, a white light again shone in his face. He was in a hospital bed and a doctor was asking him questions. "What is your name? Where do you live? What is the date? Who is the president of the United States?" Allan replied, "March 20th, 2005. George Bush." The doctor again asked him the same questions, and Allan provided the same answers. The doctor told Allan that he had head injuries and possibly swelling on his brain, causing a lapse in his memory. The doctor ordered more tests to determine the cause of why Allan was mentally in the past.

Allan turned and saw a grey-haired old man standing at his bedside. The old man said to Allan, "I don't know why you drive those antique cars when we have more advanced ones. I am so happy that you will be better in a couple of days, though." The old man told Allan that his wife and children were coming back from Africa because they had heard the news of his condition.

The 7 Principles to Resolve Teenage Behavioral Challenges

Allan asked the elder man, “Who are you?” The elderly man replied, “My name is Timothy, your driver. You don’t remember me sir? The doctor was right, your brain must be swollen and you’ve lost your memory.” Allan was very upset and angrily said to Timothy, “Let me ask the questions! Tell me what I want to know!”

In the background the radio was reporting the news: “Billionaire Allan Private was in a car accident today. Mr. Private is a real estate developer owning private plazas in Las Vegas, Chicago, New York, and all around the world. The company released a statement indicating that CEO Allan Private was not seriously injured and should be better in a few days”

Allan listened quietly, shocked about the news he had just heard. Allan told Timothy to turn on the television to see if there was more information on the news. Timothy flipped to a news channel where Allan watched a report on himself on television, and was amazed at the amount of respect he received from the media. Allan asked Timothy to get him a mirror. When he saw his reflection in the mirror, he was surprised. He appeared to be in good health, and noticed that he had aged well, obviously taking good care of himself.

Timothy interrupted Allan, saying, “Mr. Private, the press is outside the hospital. It would not be in your best interest to speak to them at this time in your condition. I’m going to speak to your doctor about insuring confidentiality.”

Allan told Timothy that he wanted to go home immediately despite the doctor’s orders to stay in the hospital for a couple of days. At Allan’s insistence, Timothy drove him home in a Mercedes limousine. They arrived at a beautiful mansion. Realizing that this is where he lived, Allan wondered how he could have created something so wonderful, after having grown up in such a terrible environment. Timothy got out of the limousine first, and then opened the door for Allan. They proceeded to the front door of the house and stepped inside the magnificent mansion with marble floors, a large crystal chandelier and photos of a family on the walls. The people in the photographs appeared to be very happy and in love. Allan was curious to find out how he had created such a loving family that appeared to respect each other. He began asking Timothy several questions about his life.

Connecting with Your Teen

Timothy explained that after Allan's first accident as a teen, Allan promised to serve others in the highest regard. After taking another life in the accident and seeing the pain the others went through, Allan changed his life for the better. He worked his way through college, as well as holding down a fulltime job. In college, he met and fell in love with his wife. Allan created personal principles to bond with his children and have a lasting relationship with his wife. Allan was very impressed that he was able to give back to society and create an outstanding family.

At that moment, the door opened and his wife, Carol and their children came into the house. Carol ran towards Allan, embracing him and asking him if he was okay. The family seemed so excited to see him. They told him that they took the private jet back to make sure that he would be fine. Allan felt like the luckiest man in the world as Carol looked at him with so much love in her eyes. Allan soon learned that he had two sons, Jerry, ten years old, and Allan Jr., twelve years old, as well as two daughters, Susan, fifteen years old, and Elizabeth, sixteen years old. His children seemed very loving and happy.

Allan sat at the table with his family, holding Carol very tightly. They looked through old photos of their younger years together and videos of the family's vacations. Allan began to understand the meaning of life and that this was the life that he wanted to live. Carol gave Allan a small necklace and told him to put it around his neck. The necklace was from France, and would bring him luck. Carol joked that Allan could use all the luck he could get with his driving record.

Allan did not want the night to end; he wanted to be with his family like this forever. As they watched videos through the night, Allan fell asleep in Carol's arms. While he slept, he sensed that it was time to move on, and a strange, overwhelming feeling came over his body. He knew he was leaving this moment, and wished he could take all that he had learned back with him to change his life. He awoke with a white light shining in his face, and once again was in a hospital bed, with a doctor asking him questions. The doctor told Allan that he had been in a car accident, and a passenger in the other car he hit, had died. His parents were on their way, and should be there soon.

Allan thought that all the events he had seen in his future had been a dream, until the doctor showed him an expensive necklace that they had removed from his neck. Allan looked at the necklace and recognized it as the one

parenting, discipline, depression, motivation, lying, ADHD,
fighting, anger, teenager, family

Connecting With Your Teen: Seven Principles to Resolve
Teenage Behavioral Challenges

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/2251.html?s=pdf>