

Dr Si's 10 Top Secret Tips for Surviving Your Parents



1. You get what you give

Many young people don't get enough respect, especially from their parents. Funny thing is, you get what you give... eventually. So, why not start the ball rolling yourself: Show them some, and in time, you'll start to get some back - it's a boomerang thing.

2. Parents aren't always grown-up

Yes, it is a sad and pathetic fact, but your parents are probably prone to becoming really immature and childish at times. They try hard, but sometimes they fall apart and just can't handle life very well. It all gets a bit too much. So, be gentle, and have pity on them – they'll never forget a little leniency from you in these moments. THIS WILL PAY-OUT BIG-TIME the next time you want them to cut *you* some slack!

3. Think outside your square

A wise man once said: "Seek to understand, and then seek to be understood" Yes, it's kind of like "know your enemy," but different. This time, try seeing things from their viewpoint. It can give you some clues about what's important to them, and what you can do to impress – or how to negotiate better.

4. What's yours is mine, and what's mine is mine

The best trick to get your way is to find out what your parents really want. Confused? Eventually you'll realise that you must find out what really pleases them, then learn to bargain like a used car dealer. Bargain hard and be prepared to go along with some of their demands, but eventually you'll get a great deal!

5. Never give in

Never, never give in - but don't expect your parents too either... Asserting your point of view, and what you want should always be a priority. To win important battles, be kind, and even though they're probably off-the-planet, listen to what they're got to say, respect their point of view, and then dismantle their mis-guided ideas piece-by-piece, in a calm, sympathetic and mature way. This will leave them gasping for words!

6. Know when to suck hard

Really stuffed up? Don't want them to have the pleasure of making you feel guilty? The only way out is to suck as hard as you can. Chances are, the sooner you start, and the harder you suck, the quicker they'll forgive and forget. Tastes foul at first, but no pain, no gain. Get in first, before they've even thought of how to tick you off. Good ways to suck are: doing chores sooner/quicker than usual, cleaning of any sort is always a goodie, do that thing they've been nagging you about for months, think of something your parent(s) hate doing and do it for them – wash the dog? Even better, try and fix whatever you might have "broken" (their trust, your word, etc). If you show you can handle sticking around, not fleeing the scene of the crime, and facing it like a man or woman (take your pick), then you'll leave them with nothing to say – Ha!...got ya! (also see tip number 9).

7. What the...!

Surprise them with something that is completely unexpected. Do the opposite to that annoying thing they expect from you or keep nagging you about. They won't see this one coming and will think they've been teleported to some weird parallel universe where everything is the opposite of how it should be. So, first thing in the morning is a good time – they'll think they're still dreaming.

8. Trust you to do that

Sometimes parents know you so well, they know you can't be trusted! If your parents think this about you, then you've got no hope! TRUST IS A MUST. Hard to earn, but worth more than anything - so don't lose it!

9. Shocked by the power!

Look for opportunities to show your maturity, independence or responsibility. They'll be amazed and will be stunned for several hours, if not days – which gives you a chance to get away with something while they're still trying to come to grips with it all.

10. ...and last of all, I'd like to thank my parents

Give them something to be proud about. I'm not talking about school grades, but honesty, courage, generosity, standing up for others, etc. It's like money in the bank. The truth is, this is what *all* parents secretly wish for. Keep this one up your sleeve, and don't let on that you know how important it is to them. A sure winner.

And if these don't work – tell me!

Email me at drsi@neopsychology.com.au and tell me my advice is crap. Even better, if you know something that does work - I want to know!