



10 False Beliefs

Keeping Moms Disconnected From Their Teens

- 1 Nothing will help. It's too late.
- 2 I failed. There's no going back.
- 3 No other mom has experienced this.
- 4 My teen doesn't even like me.
- 5 It is my fault my child is pulling away.
- 6 I need to fix this immediately.
- 7 If I do not stay in control, everything will fall apart.
- 8 I can control this.
- 9 If I bring up hard things, I will push them away.
- 10 Their choices define my worth.

We need to shift the belief that something is wrong with us as mothers.

We are simply in a new season that requires new tools, deeper trust in God, and new ways of connecting with our teens and young adults.

Isaiah 43:19

“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”



If these lies resonate with you, my **90-day roadmap** to connect, communicate and cultivate a strong relationship with your teen could be a perfect fit for change. **Schedule your 15-minute free coaching call [here](#).**

