



Boss Exercise

Think about facing a person in a position of authority over you (teacher, boss, etc.) who has or has had a positive impact on your life and another with whom the experience was very negative. Take the time to fill out the following table:

Positive impact		Negative impact	
Personal characteristics of the person in authority	Impacts on your feelings and actions	Personal characteristics of the person in authority	Impacts on your feelings and actions
e.g., greets me on my arrival, congratulates me	e.g., I feel important	e.g., Disregards my ideas, doesn't trust me	e.g., low motivation, I put extra pressure on myself, fatigue

Exercise taken from: BARKLEY, R.A., *Defiant Children*. Adapted by Gilles Cloutier, M.Ps.

What do you notice?

- What are the characteristics of the person who made or makes you feel good, confident, important, considered, or appreciated? Who motivated you to work hard, make good choices, respect your superiors, and follow instructions even if sometimes you were more or less in agreement?
- Notice that the characteristics of this person that have had a positive impact on you are mostly related to the relationship of trust established between you. This is the starting point for making it to the top!
- Afterwards, we feel good and confident if the boss clearly announces their expectations and rules. If they act as a role model and apply the established consequences to the people concerned. This makes things clear, which is reassuring and provides motivation!

**Now let's see how you can apply all this to your role as a parent to your teenager.
Please continue your reading with theme 2.**