Teen Boys: The Hard Stuff Nobody Talks About

For the mom who feels like her son has pulled away… and doesn't know how to reach him anymore

YOU'RE NOT ALONE

Maybe you're here because…

He used to tell you everything…

And now?

"I don't know."

"It's fine."

Or nothing at all.

And you're wondering…

→ Do I push in?

→ Do I back off?

→ Am I losing him?

Or maybe you're dealing with:

→ Emotional outbursts

→ Lack of motivation

→ Disrespect

💛 **I just want you to know — you are in the right place.**

WHAT'S REALLY GOING ON

It's different raising boys.

There comes a moment when everything shifts…

One day he's close and open.

The next… he's pulling away.

And if you're like most moms…

it can feel like grief.

But here's the truth:

👉 **You're not losing him.**

👉 **The relationship is changing.**

THE BOY BRAIN (NO ONE TALKS ABOUT THIS)

1. BIG biological changes

- Testosterone can increase up to **30x**
- More impulsive, reactive, irritable
- Think: **race car with no brakes**

👉 "You're not crazy — there really is more going on."

2. Pressure to "be a man"

Boys are taught:

- "Toughen up"
- "Don't be sensitive"

So what do they do?

👉 **They don’t stop feeling… they stop showing it.**

THE ANGER ICEBERG

What you see:

→ Anger

→ Attitude

→ Shutdown

What’s underneath:

→ Hurt

→ Fear

→ Insecurity

→ Disappointment

👉 **Anger is often the only emotion boys feel safe showing.**

WHY HE’S PULLING AWAY

Your son is asking:

→ Who am I?

→ Do I measure up?

→ Where do I belong?

Pulling away is part of him becoming his own person.

👉 **It feels like rejection… but it’s actually development.**

WHAT THIS MIGHT LOOK LIKE

- One-word answers
- Eye rolling / attitude
- Arguing over small things
- Wanting space (no hugs, time in room)
- Pushing back on rules
- Caring more about friends
- Avoiding emotional conversations

💛 **This is normal. Even when it's hard.**

THE BIG SHIFT FOR MOMS

"Learn to let go… while still being there."

👉 He still needs you…

just differently.

WHAT TO DO INSTEAD

1. Be available — not intrusive

Stop chasing conversations.

2. Listen more than you talk

👉 80% listening / 20% talking

3. Connect "sideways"

Less pressure = more connection

- Car rides

- Doing something together
- Not face-to-face

4. Lower the intensity

Stop interrogating.

(Teen boys can be like cats 😄)

5. Do small things that say “I see you”

- Favorite food
- Funny texts
- Little moments of care

REMEMBER THIS

The more we push…

the more they pull.

👉 Control can feel like connection…

but it creates resistance.

YOUR ROLE IS SHIFTING

From:

→ Manager

To:

→ Mentor

Start asking:

- “What do you think you want to do?”

- “Do you want my help?”
- “How can I support you?”

NOTES:

Reflective Question:
What is one positive change that I want to make in my relationship with my son?