

# RECOGNIZING YOUR SON'S NEED FOR RESPECT

FOCUS ON THE FAMILY\* | WITH DR. EMERSON EGGERICHS

## VIDEO 1: THE LOVE AND RESPECT PRINCIPLE

**“However, let each one of you love his wife as himself, and let the wife see that she respects her husband.”**

**Ephesians 5:33 (ESV)**

1. Ephesians 5:33 talks about a man’s need for respect and a woman’s need for love. This doesn’t just apply to marriage. As a mother, it is also vital to understand the importance of respecting your son.
  - Sit down with him and have a conversation about what it means to respect and love one another.
  - Share your thoughts on both, and listen to your son’s heart.
  - Understand what it means to him when you respect him.
2. Dr. Eggerichs says many women tend to reject the concept of respecting their husbands or sons. Are you in this group? Think about some times you specifically struggle with showing respect to your son. Is it when he doesn’t do his chores? When his grades at school are failing? When he treats his siblings a certain way?
  - Pray about each of these instances, and ask for grace to handle them.
3. Dr. Eggerichs also discusses the Crazy Cycle.

**The Crazy Cycle occurs when mothers react disrespectfully to their son’s behavior, and then their sons respond in an unloving way.**

- Think about some ways the Crazy Cycle begins between you and your son. Do you often have a harsh tone of voice? Do you attack his character? Do you nag him? Recognize and identify some of these instances. Once you can do that, it can become easier to diffuse them.

## CONSULTATIONS & REFERRALS

Need prayer and want to talk to one of our Christian counselors? We would love to help! To reach Focus on the Family's counselling department by phone, Tel: +27 (0)31 716 3300 or Email: [counselling@fotf.co.za](mailto:counselling@fotf.co.za)

# RECOGNIZING YOUR SON'S NEED FOR RESPECT

FOCUS ON THE FAMILY® | WITH DR. EMERSON EGGERICHS

## VIDEO 2: HOW DOES RESPECT CHANGE YOUR SON?

1. When mothers routinely use disrespectful language toward their sons, it can cause the son to grow distant. Eventually he may start to filter all of his mother's behavior through these episodes. Is there a long history of disrespect between you and your son that is harming your relationship?

- Pray about how to mend these hurts between the two of you. It may seem impossible at times, but with God's grace, healing can begin.

2. Think of some things you respect about your son. How often do you remind him?

- Sit down with him and spend some time telling him the things that you respect about him. Focus on aspects of his character, and who he is as a person. You may be surprised at the positive change this brings!

3. Respect develops during daily life, not just during confrontations. If your son's only interactions with you are strained or unpleasant, it may be a good idea for you to take a day and spend some time getting to know each other better.

- Come up with a relaxed and fun mother-son activity to do this weekend, or the next time you are both free.

## CONSULTATIONS & REFERRALS

Need prayer and want to talk to one of our Christian counselors? We would love to help! To reach Focus on the Family's counselling department by phone, Tel: +27 (0)31 716 3300 or Email: [counselling@fotf.co.za](mailto:counselling@fotf.co.za)

# RECOGNIZING YOUR SON'S NEED FOR RESPECT

FOCUS ON THE FAMILY® | WITH DR. EMERSON EGGERICHS

## VIDEO 3: MOVING BEYOND YELLING, TEARS, AND REGRET

1. The disrespectful words a mother speaks to her son will damage rather than motivate him. What are some words you often use to try and motivate your son that may come across as being disrespectful?

- Ask your son about words you have used that have hurt him. These may be difficult to hear, but they are important to be aware of.

2. Dr. Eggerichs says many women tend to reject the concept of respecting their husbands or sons. Are you in this group?

- Think about some times you specifically struggle with showing respect to your son.  
Is it when he doesn't do his chores? When his grades at school are failing?  
When he treats his siblings a certain way?
  - Pray about each of these instances, and ask for grace to handle them.

3. Men often react positively when they are trusted with responsibility.

- Think of some responsibilities you can trust your son with. These could be as simple as helping around the house, driving his siblings somewhere, or helping cook a couple meals.  
If he messes up, remember to confront him gently and let him fix the problem.

## CONSULTATIONS & REFERRALS

Need prayer and want to talk to one of our Christian counselors? We would love to help! To reach Focus on the Family's counselling department by phone, Tel: +27 (0)31 716 3300 or Email: [counselling@fotf.co.za](mailto:counselling@fotf.co.za)

# RECOGNIZING YOUR SON'S NEED FOR RESPECT

FOCUS ON THE FAMILY® | WITH DR. EMERSON EGGERICHS

## VIDEO 4: LEARNING THE VOCABULARY OF RESPECT

1. Dr. Eggerichs says that sons usually know their mothers love them, but they are not always sure their mothers like them.

- Think about some ways you can communicate to your son today that you like him.  
Does he have a favorite meal you can make?

Is there a favorite activity you could do together?

- Take some time today to communicate to your son that you like and appreciate him.

2. It is important, when confronting your son about bad behavior, to emphasize that you don't respect his actions but you respect him as a person. This can be a tricky balance, and it depends on the language you use.

- Think about the most recent time you had a confrontation with your son. What went wrong about how you presented your disappointment? Talk with your son about it.

How did it come across to him?

How can you both communicate more effectively next time?

3. In our culture today, we are told that respect must be earned. Many mothers don't respect their sons because they don't think their sons deserve it. They also worry about giving license to bad behavior. How can you incorporate respect into discipline?

- With your son, decide on specific disciplines for certain actions. Give him options.  
For example, you can gather his input on appropriate discipline for coming home past curfew.

Will he lose his computer privileges for the next day, or will he complete an extra chore?

Welcome his ideas. This communicates respect, but still allows for consequences.

## CONSULTATIONS & REFERRALS

Need prayer and want to talk to one of our Christian counselors? We would love to help! To reach Focus on the Family's counselling department by phone, Tel: +27 (0)31 716 3300 or Email: [counselling@fotf.co.za](mailto:counselling@fotf.co.za)

# RECOGNIZING YOUR SON'S NEED FOR RESPECT

FOCUS ON THE FAMILY® | WITH DR. EMERSON EGGERICHS

## VIDEO 5: WORDS AND THE POWER OF UNCONDITIONAL RESPECT

1. Dr. Eggerichs suggests saying things like, “I am disappointed, because I don’t think you believe in yourself as much as I believe in you,” to communicate respect while confronting your son.
  - What are some other respectful phrases you can use? Discuss these with your son and see what words mean the most to him.

Write them down if it helps you remember them.

2. Actions can speak louder than words. Consider any of your actions that may communicate disrespect. For example, does your son feel that you nag him about his responsibilities? If so, you can change this by gently reminding him once, and then leaving it up to him.

3. After hearing Dr. Eggerichs’ thoughts on mother-son relationships, what is the main thing you have learned from these videos?

How will you use it to impact your relationship with your son in the future?

4. Pray about communication with your son, and ask for a softer heart toward him.
  - Pray together as mother and son about improving your communication and bettering your relationship.

## CONSULTATIONS & REFERRALS

Need prayer and want to talk to one of our Christian counselors? We would love to help! To reach Focus on the Family's counselling department by phone, Tel: +27 (0)31 716 3300 or Email: [counselling@fotf.co.za](mailto:counselling@fotf.co.za)