RELATIONSHIPS & FAMILY - PARENT-TEEN COMMUNICATION

Parent-Teen Communication & Conflict Repair Script

De-escalate power struggles and repair emotional disconnect without defensiveness.

HOW TO USE: Complete each step in your own words. Short answers are enough.

Participant Name: _____ **Date:** _____ **Target: 20m**

1 COOLDOWN & REGULATION CHECK

If either of you feels too upset to talk, agree to pause: 'I care about this conversation. Can we take a break and talk again at 7:30?'

PRACTICAL TIP: Agree on a time to return to the conversation so the pause does not feel open-ended.

2 THE VULNERABILITY OPENING (NO BLAME)

Parent might say: 'I was worried and raised my voice. I am sorry. I want to understand how that felt for you.'

PRACTICAL TIP: Notice the difference between 'You made me angry' and 'I got scared and reacted.'

3 REFLECTIVE LISTENING WITHOUT JUSTIFICATION

Ask teen: 'How did that feel for you?' Listen for 2 full minutes without defending, explaining, or interrupting. Mirror back: 'What I hear you saying is...'

PRACTICAL TIP: Validation is not agreement. It is acknowledging their emotional reality.

4 THE MICRO-CONTRACT FOR NEXT TIME

Identify one specific behavior both parties agree to change next time tension rises. Write it down in one sentence and post it collaboratively.

PRACTICAL TIP: Choose a small agreement that both of you feel able to try.