BUILD A HEALTHY RELATIONSHIP WITH YOUR TWEEN & TEEN

The Crash Course On Conflict, Communication, and Connection

WORKBOOK



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MOMSOFTWEENSANDTEENS

DAY 1: How To Listen So Your Teen Will Talk and Talk So Your Teen Will Listen

REFLECTIVE QUESTIONS:

What is one (or two or three) parenting struggle(s)/challenge(s) are you having?

What makes it challenging for you?

What is going well with your tween or teen?

When it comes to the challenge(s) you are having, what have you tried that's worked?

What hasn't worked?

What would you like to get out of this 3-day training?

DAY 1: How To Listen So Your Teen Will Talk and Talk So Your Teen Will Listen

4 Roadblocks That Get In The Way Of Connection:

1.

2.

3.

4.

The 3 Foundational Parenting Principles:

1.

2.

3.

DAY 1: How To Listen So Your Teen Will Talk and Talk So Your Teen Will Listen

Notes:

5 Essential Keys To Get Your Tween or Teen To Listen and Talk To You - The Roadmap:

1.

2.

3.

4.

5.

Write your question or action step here:

DAY 2: How To Stop Disrespect and Power Struggles and Build Connection

REFLECTIVE QUESTIONS:

On day one, we talked about noticing and getting comfortable with feelings. How are you feeling right now? (See the list of emotions on the last page)

What is on your heart?

When it comes to your tween or teen's attitude or behavior, what is a challenge or concern?

When your tween/teen is being disrespectful how do you react? What usually happens as a result?

DAY 2: How To Stop Disrespect and Power Struggles and Build Connection

4 Leading Causes of Disrespectful Attitudes and Behavior:

1.

2.

3.

4.

4 Strategies That Don't Work:

1.

2.

3.

4.

DAY 2: How To Stop Disrespect and Power Struggles and Build Connection

6 Ways To Stop Disrespect And Build A Better Relationship:

1.

2.

3.

4.

5.

6.

Write your question or action step here:

DAY 3: How To Set Boundaries & Build Healthy Communication

REFLECTIVE QUESTIONS:

What key point/points stood out to you from Day 2 How To Stop Disrespect and Power Struggles and Build Connection?

Can you identify an area where you feel resentful where you might need to ask for help, say "no" or set a boundary?

Make a list of what you expect for yourself in relation to your kids.
What can you live with?

What can't you live with?

What matters the most to you?

What gets in your way of sticking with your boundaries?

Write about what you want to change and the outcome you want.

DAY 3:
How To Set Boundaries & Build Healthy Communication

Boundaries are...

6 Signs You Need Boundaries:

1.

2.

3.

4.

5.

6.

DAY 3:
How To Set Boundaries & Build Healthy Communication

4 Reasons Tween/Teens Need Boundaries:

1.

2.

3.

4.

Define Your Values. What Matters The Most To You?

1.

2.

3.

4.

5.

DAY 3:
How To Set Boundaries & Build Healthy Communication

Identify Your Own Personal Boundaries:

4 Keys To Setting Boundaries That Work:

1.

2.

3.

4.

DAY 3:
How To Set Boundaries & Build Healthy Communication

Write Next Steps Here:

Define Issue:

Outcome You Want:

How You Will Implement:

Takeaways:

List of emotions

Amazed	Foolish	Overwhelmed
Angry	Frustrated	Peaceful
Annoyed	Furious	Proud
Anxious	Grieving	Relieved
Ashamed	Happy	Resentful
Bitter	Hopeful	Sad
Bored	Hurt	Satisfied
Comfortable	Inadequate	Scared
Confused	Insecure	Self-conscious
Content	Inspired	Shocked
Depressed	Irritated	Silly
Determined	Jealous	Stupid
Disdain	Joy	Suspicious
Disgusted	Lonely	Tense
Eager	Lost	Terrified
Embarrassed	Loving	Trapped
Energetic	Miserable	Uncomfortable
Envious	Motivated	Worried
Excited	Nervous	Worthless