

# Here is a step-by-step guide for parents to have a joint problem-solving conversation with their teen:

## 1. Set the Stage:

- Start by finding a time when both of you are calm and not rushed.
- Begin the conversation by creating a safe space for open communication.

**Sentence starter:** *"I've noticed that we've been having some challenges lately, and I would like us to work together to address them. Can we talk about it now?"*

## 2. Clarify the Issue:

- Encourage your teen to express their perspective and feelings.
- Listen actively without interrupting or judging.

**Sentence starter:** *"I want to understand your point of view on [specific issue]. How do you feel about it?"*

## 3. State Your Perspective:

- Share your own viewpoint and concerns in a calm and respectful manner.
- Avoid blaming language and focus on how the situation can be improved.

**Sentence starter:** *"From my perspective, I see [describe the issue from your point of view]. It's important to me because..."*

## 4. Brainstorm Solutions Together:

- Encourage your teen to come up with potential solutions to the problem.
- Be open to considering different ideas and compromises.

**Sentence starter:** *"What do you think could be some possible solutions to this issue? Let's brainstorm together."*

## 5. Evaluate and Select Solutions:

- Discuss the pros and cons of each solution proposed.
- Work together to choose a solution that is acceptable to both parties.

**Sentence starter:** *"Let's weigh the pros and cons of each solution. Which one do you think would work best for both of us?"*



## 6. Create an Action Plan:

- Outline specific steps that need to be taken to implement the chosen solution.
- Clarify responsibilities and expectations for each party.

**Sentence starter:** *"To make this solution work, we need to take the following steps. Can we agree on who will do what?"*

## 7. Follow-up and Reassess:

- Set a time to check in on the progress of the action plan.
- Be prepared to adjust the plan if needed and continue the dialogue.

**Sentence starter:** *"Let's plan to check in on our progress in [specific time frame]. If needed, we can make changes to the plan."*

Remember, the goal of the conversation is to foster mutual understanding, respect, and cooperation between you and your teen. Open communication and collaborative problem-solving can strengthen your relationship and help both parties navigate any challenges effectively.



*Thank you!*

