

How to Talk So Teens Will Listen and Listen So Teens Will Talk

by Adele Faber, Elaine Mazlish

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Open with a translation**

When your teen says something sharp, answer the feeling first: 'You want more freedom and it feels like I only see the risks.'

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⁰² **Trade the lecture for one clean sentence**

State the boundary without a character speech: 'I need to know where you are and how you are getting home.'

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⁰³ **Offer choice inside the limit**

Keep the non-negotiable, then hand over a real decision: 'The homework gets done tonight. Do you want to start before dinner or after?'

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⁰⁴ **Ask one curious question**

Replace cross-examination with a question that invites context: 'What do you wish I understood before I decide?'

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⁰⁵ **Repair a bad opening**

If you start with sarcasm or a threat, restart out loud: 'That came out as a lecture. Let me try again.'

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⁰⁶ **End with the next visible step**

Before the conversation closes, define the smallest follow-through: who does what, by when, and how you will check in.