

conversations for grown-ups

Staying Close While Standing Back

Julie Metzger, RN, MRN

Workshop Goals

1/5

- Take an opportunity to reflect on your conversations
- Explore some truths about adolescent development and impact on your conversations
- Reimagine your next conversation

Reflect

What did the conversations look like in your home growing up?

Consider moments when you talked as a family about puberty, sex, decision-making, conflict...

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Consider: How has that impacted YOUR story, beliefs, values, expectations, fears, hopes, knowledge, partnerships, community, and conversations?



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Taking It Further

How does our family talk about...



Not all conversations are equal...which are you noticing feeling most anxious about? Which are you most prepared for?

Emotions	Bodies	Relationships	Conflict	Success
Failure	Sex	Money	Independence	Friendships

FOUR QUESTIONS WE ASK OURSELVES

Do you hear me?

Am I enough for you?

Do you care that I am here?

- Maya Angelou

Can I tell that I am special by the way that you look at me?

Our children's primary learning example is through **Experience and Example**. **Empathy** offers the message that they are understood, seen, and valued.

Which conversations can use some more empathy in our space?

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What we know about Emotion Coaching

Source: Gottman Institute

- Empathetic Response
- Explore Options
- Examine Consequences



An example of an empathic response from me might be:

Try this at home:

FEELINGS, ACTIONS, CONSEQUENCES

Pick a specific example. How might this conversation go at home?

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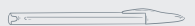
Encountering Emotional Whirlwinds

Source: Laura Kastner PhD

- Confirm feelings
- Admit you can't solve the problem
- Express in their ability to figure it out
- Move away from the central spin
- Check back in to show you care and offer assurance



NOTES



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A Truth Sandwich

Observation that is authentic and attached to your child's emotion, effort, or shared goal

A truth tied to the conflict or place of improvement

Reaffirm an authentic effort or observation relevant to this moment

Courageous Conflict

Source: Rachel Simmons, The Curse of The Good Girl

A. WARM START-UP

- Shared goal
- Their goal
- Affirm Relationship

Use the space below to practice this technique



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B. I FEEL _____ WHEN _____

.....

C. I REALIZE I...

.....

D. I can _____, can you _____?

.....

THE BASICS

"You've got this"

"That's rough"

"Im here for you"

"Tell me more"

NOTES



Follow this QR Code to find more resources for grown-ups on our website



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Final Reflection

5/5

What do you hope for your family as you grow and develop together...

Physically?

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Socially?

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Emotionally?

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Cognitively?

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Consider: How might your daily conversations and interactions impact your FAMILY'S story, beliefs, values, expectations, fears, hopes, knowledge, partnerships, and community?



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