

"Say What You Really Feel"

FREE TOOLKIT: For Parents & Teens to Build Real Conversations

Purpose:

This toolkit helps families go beyond silence, shutdowns, or shouting - and into honest, respectful conversations. It includes two practical, ready-to-use lists:

- 5 Scripts for Teens to Say What They Really Feel
- 5 Ways for Parents to Respond So Their Teen Feels Heard

PART 1: 5 Scripts to Say What I Really Feel (For Teens)

When I feel misunderstood:

"I-m not trying to fight. I just want to explain my side so you can really understand where I-m coming from."

When I feel hurt but don-t want to explode:

"I-m feeling a lot right now, and I don-t know how to say it without making it worse. Can I have a few minutes?"

When I want more space or trust:

"Can we talk about giving me more space in a way that still feels safe for both of us?"

When I need support, not advice:

"I-m not asking you to fix this - I just need you to listen and understand how hard this feels right now."

When I messed up and want to be honest:

"I know I made a mistake. I-m not proud of it, but I want to own it and talk about what I can do better."

PART 2: 5 Ways to Respond So Your Teen Feels Heard (For Parents)

When your teen says, -You don-t understand me.-

"You-re right - I might not fully understand. But I-d really like to. Can you help me see it from your side?"

When your teen shares something emotional or difficult:

"Thank you for telling me. I know that probably wasn-t easy. I-m proud of you for being honest."

When you feel the urge to correct or lecture immediately:

"Before I react, I want to understand what this felt like for you. Let-s talk about it first."

When your teen makes a mistake and owns it:

"I know it's hard to admit that. I care more about how we move forward than staying stuck in blame."

When you're not sure what to say, but want to stay connected:

"I might not have the perfect words right now, but I'm here. And I want us to get through this together."

Recommended Use:

- Print it and stick it on the fridge
- Choose one script to try each week
- Reflect on which ones felt natural - and which opened up trust

Small shifts make big changes. This is where communication begins to heal and grow.