Get Your Teen to Open Up Again

November 11, 2026
Explore listening and conversation approaches for reconnecting with a teenager.

What this guide covers

- Consider how timing affects conversations.
- Practice open questions and attentive listening.
- Repair conflict and communicate boundaries with empathy.

Who this is for

For parents and caregivers seeking a more open dialogue.

Putting the ideas to use

Try one low-pressure conversation without expecting a guaranteed response.

Book details

Format: Guide. Pages: 19. Words: 2661.

Download availability: After payment, download the complete ZIP package or the included PDF separately.