

Why every

conversation

URNS INTO AN ARGUMENT

*And what to
do instead...*

If you feel like every conversation with your teen somehow turns into an argument...
you are not alone.

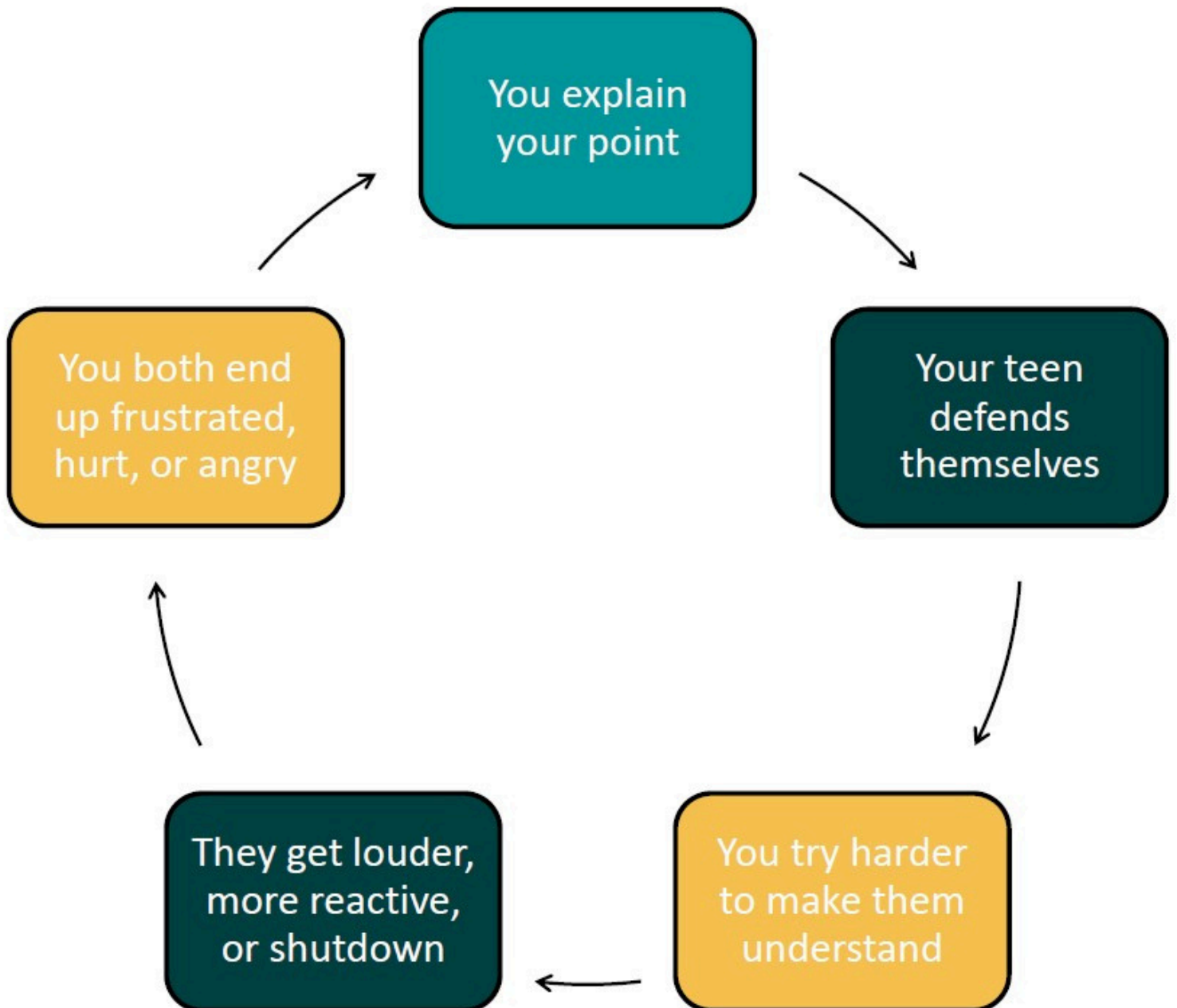


Most of the parents I work with are thoughtful, caring, and emotionally aware, yet still find themselves snapping, over-explaining, or shutting down when things get heated. If this sounds like you, this isn't because you're failing.

It's because no one has shown you what's actually happening in those moment.

And once you see the pattern, everything starts to make sense.

The Explain → Defend → Escalate Cycle



What is going on...

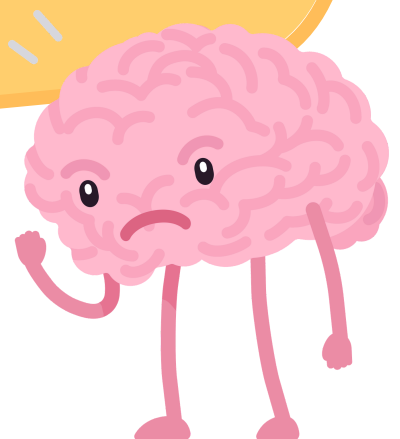
When emotions are high, the thinking part of the brain (the frontal lobe) goes offline...

You're trying to use logic with someone whose nervous system (the amygdala) is in fight, flight, or shutdown.

And if you're honest... so is yours.

No matter how reasonable your words are...

Two overwhelmed nervous systems cannot have a calm connection or conversation.



What makes it worse...

Your teens nervous system response triggers something in you.

When we feel unheard or disrespected, we naturally:

- Explain more
- Talk faster
- Correct their tone
- Try to win the point
- Keep talking while upset

These are normal reactions. They are also the exact things that escalate the situation.



What to try instead...

When emotions are **high**, do *less*

Instead of explaining, correcting, or debating:

- Slow your voice
- Say fewer words
- Pause the conversation
- Focus on staying calm, not being right

Because calm is what de-escalates.

Slow &
Steady

What to say instead...

Lets take a pause while we're both upset

I'm listening and I want to understand what's going on for you

We're both getting worked up, lets take a breather

We can disagree, and this is still the limit

Can we start over?

I'm going to step away so we don't make this worse

I'm sorry, that sounded harsher than I meant



These phrases work because they lower emotion instead of raising it.

The goal is not to *win* the argument.

It's to **lead** the emotion.



Want more support?

If you'd like help learning how to set boundaries without blow-ups and stay regulated even when your teen isn't, this is exactly what we work on inside Raising EQ: Parenting teens toolkit. You're not failing. You're learning a new way of emotional leadership under pressure.

To purchase the toolkit visit:

www.riseandthrivepsychology.com.au/purchase

This guide is for educational purposes only and does not replace individual therapeutic support.

