Non-Effective Communication Skills

What does not work:

Passive (yes to everything)

Under-reactive, not responding to an appropriate level

Passive Aggressive (sideways)

Displacement of emotional reactions

Aggressive (reactive)

Over-reactive, blowing things out of proportion

Being a Mind Reader and Assuming

Expectation of being understood

Avoiding uncomfortable discussions

“We’ll talk about this later” and later never comes.

Changing approach all the time

Parent’s getting split

Attempting to be the “cool” parent

Brining up TOO much in one conversation.

Reliving “old stuff”, over and over again brining up one event

Revisiting past discussions when not relevant to the current conversation

Always having serious conversations

Being seen as just the accountability/tuff parent. (some exceptions)

Inventory of when, where and other contributing factors:

Time of day: Typically morning time not a good time

Place: when either party feels trapped:

In a car or when there are other responsibilities going on (Some exceptions)

Right before or right after a major incident: (emotions can run high)

Meeting the teen with their volume or tone like a competition

Keeping an eye of physical health (H.A.L.T.S.)

Inconsistently or with no reason

For over an hour in a heated discussion (TOO MUCH TIME on one subject)

Not having an open mind

Not actively listening.

Withholding critical information

Emotions over intellect; letting emotions drive a conversation.