

TALKING ABOUT GOALS WITH YOUR TEEN

SCRIPT OUTLINE

OFFER A GREETING.

INTRODUCE THE TOPIC.

IDENTIFY THE PROBLEM.

PROVIDE A RATIONALE FOR MAKING A CHANGE.

EVALUATE POTENTIAL OPTIONS.

RECRUIT FEEDBACK.

DEVELOP AN ACTION PLAN FOR NEXT STEPS.

CLOSE WITH GRATITUDE.

OFFER A GREETING

Hi (name). Can we chat for a few minutes?

INTRODUCE THE TOPIC.

You're not in trouble. There's just been something on my mind. I want to talk with you about (identify the problem). Now, I know what you're thinking. That you already know what I'm going to say, but hear me out.

IDENTIFY THE PROBLEM.

I'm worried that (the problem) might be a problem. I've noticed (behavior observation #1), (behavior observation #2), and (behavior observation #3). These things might not seem like a big deal to you, but I'm concerned it's causing (describe biggest stressor or consequence for parents or family members).

PROVIDE A RATIONALE FOR MAKING A CHANGE.

If we don't come up with a different plan, we might see (short term impact) and in the long run, we might see (long term impact). I also think it's impacting other people like (family member or friend) because of (additional impact, stressor, or consequence).

EVALUATE POTENTIAL OPTIONS.

I've spent some time thinking about options and I want you to do the same. We could (best option 1) or we could (best option 2). There are pro's and con's to those options that we need to talk about. Or we could (additional option 3) but that might not be the easiest choice.

RECRUIT FEEDBACK.

What do you think about what I've said so far? *(Discuss)* What are your ideas? *(Discuss)*

DEVELOP AN ACTION PLAN FOR NEXT STEPS

Based on what we've talked about so far, let's decide on the next best step to take. What can we do today to make this better? *(Discuss)* When can we talk about this again? *(Discuss)*

CLOSE WITH GRATITUDE

I'm glad we had the chance to talk. Thank you for listening to me and for being honest about how you feel about (the problem).

TIPS TO TALK TO YOUR TEEN ABOUT GOAL SETTING:

- PREPARE NOTES AND PRACTICE WHAT YOU PLAN TO SAY AHEAD OF TIME WITH A TRUSTED FRIEND.
- REDUCE DISTRACTIONS.
- APPROACH YOUR TEEN AT A GOOD TIME AND IN A NEUTRAL LOCATION.
- BE HONEST AND STRAIGHTFORWARD.
- USE "I FEEL" "I THINK" "I WANT" STATEMENTS RATHER THAN "YOU"
- KEEP THE CONVERSATION SHORT UNLESS YOUR TEEN EXTENDS THE INVITATION TO TALK MORE.
- LET THEM KNOW YOU PLAN TO FOLLOW UP AND WHEN.
- IF IT DOESN'T GO WELL THE FIRST TIME, REVISE YOUR PLAN AND TRY AGAIN.