

**KEISHA GOLDER**

**WORKBOOK**

**BRIDGING THE  
TEEN GAP**

**A Practical Guide for Moms to  
End Power Struggles,  
Understand Your Teen, and  
Build Lasting Connection**

WORKBOOK  
INTRODUCTION

# BUILD LASTING CONNECTIONS

WELCOME! YOU'VE MADE A POWERFUL DECISION TO INVEST TIME INTO CREATING A DEEPER, MORE MEANINGFUL BOND WITH YOUR TEEN. THIS WORKBOOK GUIDES YOU THROUGH 30 DAYS OF IMPACTFUL CONNECTION ACTIVITIES, HELPING YOU UNDERSTAND, LISTEN, AND GROW TOGETHER TO BUILD TRUST AND EMOTIONAL STRENGTH.

IN TODAY'S RUSHED WORLD, SMALL MOMENTS ARE OFTEN UNDERVALUED. YET, THEY LAY THE FOUNDATION FOR A LASTING BOND WITH YOUR TEEN. WHETHER SHARING A LAUGH, A SMILE, OR SIMPLY LISTENING—THESE ACTS CREATE AN EMOTIONAL BRIDGE STRONG ENOUGH FOR LIFE'S CHALLENGES.

DESIGNED FOR BUSY MOMS, EACH DRILL TAKES ONLY FIVE MINUTES BUT MAKES A REAL DIFFERENCE. USE THIS WORKBOOK TO SLOW DOWN AND FOCUS ON WHAT MATTERS—THE CONNECTION WITH YOUR TEEN.



*Keisha Golder*

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# USING THIS WORKBOOK

THIS WORKBOOK IS DESIGNED TO HELP YOU STRENGTHEN YOUR CONNECTION WITH YOUR TEEN THROUGH INTENTIONAL, PRACTICAL STEPS. EACH WORKSHEET FOCUSES ON A SPECIFIC ASPECT OF COMMUNICATION AND UNDERSTANDING, GUIDING YOU TO BUILD TRUST, EMPATHY, AND EMOTIONAL RESILIENCE. HERE'S HOW TO MAKE THE MOST OF IT:

- **COMMIT TO SMALL, INTENTIONAL STEPS:** EACH WORKSHEET IS SIMPLE AND TAKES ONLY A FEW MINUTES TO COMPLETE. COMMIT TO FOCUSING ON ONE WORKSHEET AT A TIME AND GIVING IT YOUR FULL ATTENTION. THESE SMALL, CONSISTENT ACTIONS WILL CREATE MEANINGFUL CHANGE OVER TIME.
- **ENGAGE AND REFLECT:** AFTER COMPLETING EACH WORKSHEET, TAKE A MOMENT TO REFLECT ON YOUR EXPERIENCE. USE THE PROMPTS PROVIDED TO JOT DOWN YOUR THOUGHTS AND OBSERVATIONS. REFLECTION HELPS YOU SEE THE PROGRESS YOU'RE MAKING AND IDENTIFY AREAS FOR GROWTH.
- **FOLLOW EACH WORKSHEET AS DESIGNED:** THESE WORKSHEETS ARE STRUCTURED TO GUIDE YOU STEP-BY-STEP. TAKE THE TIME TO THOUGHTFULLY COMPLETE EACH SECTION, AS THEY ARE CAREFULLY CRAFTED TO HELP YOU CONNECT MEANINGFULLY WITH YOUR TEEN.

BY CONSISTENTLY APPLYING THE EXERCISES IN THIS WORKBOOK, YOU'LL CREATE OPPORTUNITIES FOR DEEPER UNDERSTANDING AND STRONGER CONNECTIONS WITH YOUR TEEN. EACH STEP, NO MATTER HOW SMALL, BRINGS YOU CLOSER TO BRIDGING THE GAP AND NURTURING A RELATIONSHIP BUILT ON TRUST AND MUTUAL RESPECT. LET'S TAKE THIS JOURNEY TOGETHER, ONE WORKSHEET AT A TIME.

CONNECTION DRILLS  
EITM INVITE

# DIVE DEEPER: EMOTIONALLY INTELLIGENCE TEEN METHOD (EITM)

IF YOU'RE TRULY READY TO TAKE YOUR RELATIONSHIP TO THE NEXT LEVEL, CONSIDER EXPLORING THE EMOTIONAL INTELLIGENCE TEEN METHOD (EITM), OUR FLAGSHIP COACHING PROGRAM FOR PARENTS READY TO MASTER ADVANCED EMOTIONAL INTELLIGENCE AND FOSTER DEEP, MEANINGFUL CONNECTIONS WITH THEIR TEENS. THIS PROGRAM IS FOR PARENTS WHO WANT A DEEPER TRANSFORMATION AND ARE COMMITTED TO GUIDING THEIR TEENS INTO BECOMING EMOTIONALLY RESILIENT YOUNG ADULTS.

IN EITM, YOU'LL GET PERSONALIZED COACHING, CUSTOMIZED ACTION PLANS, AND COMPREHENSIVE TRAINING IN EMOTIONAL DEVELOPMENT THAT GOES BEYOND DAILY ROUTINES. WE'LL HELP YOU BREAK THROUGH BARRIERS, FOSTER TRUE EMPATHY, AND BUILD A THRIVING RELATIONSHIP WITH YOUR TEEN THAT WILL LAST WELL INTO ADULTHOOD.

READY TO TAKE THAT LEAP? **APPLY FOR THE EMOTIONAL INTELLIGENCE TEEN METHOD TODAY**, AND LET'S MAKE THIS TRANSFORMATION HAPPEN TOGETHER.



*Keisha Golder*

## DAILY CONNECTION ROUTINE WORKSHEET

THIS WORKSHEET IS DESIGNED TO HELP YOU IDENTIFY, PLAN, AND CONSISTENTLY IMPLEMENT DAILY MOMENTS OF CONNECTION WITH YOUR TEEN. TAKE YOUR TIME TO COMPLETE EACH SECTION THOUGHTFULLY, AND REMEMBER THAT EVEN SMALL, CONSISTENT EFFORTS CAN LEAD TO SIGNIFICANT CHANGES IN YOUR RELATIONSHIP.

### 1. IDENTIFY NATURAL CONNECTION OPPORTUNITIES

**ACTION STEP:** TAKE A MOMENT TO OBSERVE YOUR DAILY SCHEDULE.

**PROMPT:** WRITE DOWN THREE MOMENTS IN YOUR TYPICAL DAY THAT COULD BE USED TO CONNECT WITH YOUR TEEN. EXAMPLES MIGHT INCLUDE CAR RIDES, DINNER TIME, OR WHILE PREPARING FOR BED.

#### YOUR NOTES:

1.

2.

3.

**DAILY CONNECTION ROUTINE WORKSHEET**

**2. CHOOSE CONSISTENT MOMENTS THAT FIT YOUR ROUTINE**

**ACTION STEP:** SELECT ONE OR TWO SPECIFIC TIMES THAT YOU WILL CONSISTENTLY USE FOR CONNECTING WITH YOUR TEEN.

**PROMPT:** WHICH MOMENTS CAN YOU MAKE A HABIT EVERY DAY? WRITE THEM DOWN AND COMMIT TO USING THESE OPPORTUNITIES CONSISTENTLY.

**YOUR NOTES:**

MOMENT 1:

MOMENT 2:

## DAILY CONNECTION ROUTINE WORKSHEET

### 3. ENGAGE WITH INTENTIONAL CONVERSATIONS

**ACTION STEP:** PREPARE QUESTIONS THAT INVITE YOUR TEEN TO OPEN UP.

**PROMPT:** WRITE DOWN TWO OR THREE OPEN-ENDED QUESTIONS YOU CAN ASK DURING THESE MOMENTS TO FOSTER A MEANINGFUL CONVERSATION. REMEMBER TO AVOID JUDGMENT AND LISTEN ACTIVELY.

#### EXAMPLES:

1. "WHAT WAS THE BEST PART OF YOUR DAY?"

2. "HOW DID THAT MAKE YOU FEEL?"

#### YOUR QUESTIONS:

1.

2.

3.

## DAILY CONNECTION ROUTINE WORKSHEET

### 4. USE SHARED ACTIVITIES TO FOSTER CONNECTION

**ACTION STEP:** IDENTIFY ACTIVITIES YOU AND YOUR TEEN BOTH ENJOY.

**PROMPT:** LIST TWO ACTIVITIES YOU CAN DO TOGETHER TO FOSTER CONNECTION. THESE COULD BE THINGS LIKE COOKING, TAKING A WALK, OR WATCHING A FAVORITE TV SHOW.

#### YOUR NOTES:

1.

2.

## DAILY CONNECTION ROUTINE WORKSHEET

### 5. MINIMIZE DISTRACTIONS

**ACTION STEP:** PLAN HOW TO MINIMIZE DISTRACTIONS DURING CONNECTION MOMENTS.

**PROMPT:** WHAT WILL YOU DO TO ENSURE YOU ARE FULLY PRESENT DURING THESE TIMES? WRITE DOWN SPECIFIC ACTIONS SUCH AS PUTTING AWAY YOUR PHONE OR TURNING OFF THE TV.

#### YOUR NOTES:

1.

2.

## DAILY CONNECTION ROUTINE WORKSHEET

### 6. REINFORCE POSITIVE INTERACTIONS

**ACTION STEP:** REINFORCE POSITIVE MOMENTS WITH APPRECIATION.

**PROMPT:** THINK OF WAYS YOU CAN EXPRESS GRATITUDE AFTER CONNECTING. WRITE DOWN A COUPLE OF PHRASES OR ACTIONS YOU CAN USE TO SHOW YOUR TEEN THAT THESE MOMENTS ARE MEANINGFUL TO YOU.

#### YOUR NOTES:

1.

2.

## DAILY CONNECTION ROUTINE WORKSHEET

### 7. BE FLEXIBLE AND ADAPT

**ACTION STEP:** STAY ADAPTABLE TO YOUR TEEN'S NEEDS.

**PROMPT:** THINK OF WAYS YOU CAN EXPRESS GRATITUDE AFTER CONNECTING. WRITE DOWN A COUPLE OF PHRASES OR ACTIONS YOU CAN USE TO SHOW YOUR TEEN THAT THESE MOMENTS ARE MEANINGFUL TO YOU.

#### YOUR NOTES:

1.

2.

## REFLECTION

**QUESTION:** HOW DID IT FEEL TO INTENTIONALLY MAKE TIME FOR DAILY MOMENTS WITH YOUR TEEN? WHAT CHANGES DID YOU NOTICE IN YOUR CONNECTION?

## NON-VERBAL CONNECTION WORKSHEET

THIS WORKSHEET IS DESIGNED TO HELP YOU INTEGRATE NON-VERBAL COMMUNICATION STRATEGIES INTO YOUR DAILY INTERACTIONS WITH YOUR TEEN. COMPLETE EACH SECTION THOUGHTFULLY, AND REMEMBER THAT CONSISTENT, SMALL EFFORTS CAN MAKE A BIG DIFFERENCE IN FOSTERING EMOTIONAL CONNECTION.

### 1. UNDERSTAND THE POWER OF NON-VERBAL COMMUNICATION

**ACTION STEP:** REFLECT ON WHY NON-VERBAL COMMUNICATION IS ESSENTIAL FOR CONNECTING WITH YOUR TEEN.

**PROMPT:** WRITE DOWN TWO REASONS WHY NON-VERBAL CUES ARE IMPORTANT IN BUILDING TRUST AND EMPATHY WITH YOUR TEEN.

#### YOUR NOTES:

1.

2.

## NON-VERBAL CONNECTION WORKSHEET

### 2. MAINTAIN EYE CONTACT

**ACTION STEP:** PRACTICE USING EYE CONTACT DURING YOUR CONVERSATIONS.

**PROMPT:** IDENTIFY TWO SITUATIONS IN WHICH YOU CAN MAKE A CONSCIOUS EFFORT TO MAINTAIN EYE CONTACT WITH YOUR TEEN.

#### YOUR NOTES:

1.

2.

## NON-VERBAL CONNECTION WORKSHEET

### 3. USE OPEN AND RELAXED BODY LANGUAGE

**ACTION STEP:** BE MINDFUL OF YOUR BODY LANGUAGE WHILE INTERACTING WITH YOUR TEEN..

**PROMPT:** WRITE DOWN TWO CHANGES YOU CAN MAKE TO ENSURE YOUR BODY LANGUAGE IS OPEN AND INVITING DURING CONVERSATIONS.

#### YOUR NOTES:

1.

2.

## **NON-VERBAL CONNECTION WORKSHEET**

### **4. OFFER WARM SMILES AND FACIAL EXPRESSIONS**

**ACTION STEP:** USE FACIAL EXPRESSIONS TO CONVEY EMPATHY AND WARMTH.

**PROMPT:** WRITE DOWN TWO TYPES OF FACIAL EXPRESSIONS YOU CAN USE TO CONVEY SUPPORT AND ATTENTIVENESS DURING YOUR NEXT CONVERSATION.

#### **YOUR NOTES:**

1.

2.

## NON-VERBAL CONNECTION WORKSHEET

### 5. APPROPRIATE PHYSICAL TOUCH

**ACTION STEP:** CONSIDER HOW YOU MIGHT USE APPROPRIATE PHYSICAL TOUCH TO CONVEY SUPPORT.

**PROMPT:** IDENTIFY TWO TYPES OF PHYSICAL GESTURES (E.G., PAT ON THE BACK, HUG) THAT WOULD BE COMFORTABLE AND APPROPRIATE FOR YOUR TEEN.

#### YOUR NOTES:

1.

2.

## NON-VERBAL CONNECTION WORKSHEET

### 6. MIRROR YOUR TEEN'S EMOTIONS

**ACTION STEP:** PRACTICE MIRRORING YOUR TEEN'S EMOTIONS TO SHOW UNDERSTANDING.

**PROMPT:** REFLECT ON A RECENT SITUATION WHERE YOUR TEEN EXPRESSED AN EMOTION. WRITE DOWN HOW YOU COULD MIRROR THEIR EMOTION THROUGH YOUR TONE AND BODY LANGUAGE.

#### YOUR NOTES:

1.

2.

## NON-VERBAL CONNECTION WORKSHEET

### 7. PRACTICE ACTIVE LISTENING NON-VERBALLY

**ACTION STEP:** SHOW THAT YOU ARE ACTIVELY LISTENING WITHOUT USING WORDS.

**PROMPT:** WRITE DOWN TWO NON-VERBAL CUES YOU WILL USE TO SHOW ACTIVE LISTENING DURING YOUR NEXT CONVERSATION (E.G., NODDING, LEANING FORWARD).

#### YOUR NOTES:

1.

2.

## REFLECTION

**QUESTION:** HOW DID PRACTICING THESE NON-VERBAL CUES AFFECT YOUR INTERACTIONS WITH YOUR TEEN? WHAT CHANGES DID YOU NOTICE?

## EMOTIONAL VALIDATION WORKSHEET

THIS WORKSHEET IS DESIGNED TO HELP YOU PRACTICE AND MASTER THE SKILL OF EMOTIONAL VALIDATION. BY COMPLETING EACH SECTION, YOU WILL CREATE A DEEPER CONNECTION WITH YOUR TEEN, ONE SMALL BUT SIGNIFICANT STEP AT A TIME.

### 1. UNDERSTAND THE IMPORTANCE OF VALIDATION

**ACTION STEP:** REFLECT ON WHY VALIDATING YOUR TEEN'S FEELINGS IS CRUCIAL.

**PROMPT:** WRITE DOWN TWO REASONS WHY ACKNOWLEDGING AND ACCEPTING YOUR TEEN'S FEELINGS WITHOUT JUDGMENT IS IMPORTANT FOR YOUR RELATIONSHIP.

#### YOUR NOTES:

1.

2.

## EMOTIONAL VALIDATION WORKSHEET

### 2. LISTEN ACTIVELY WITHOUT INTERRUPTING

**ACTION STEP:** PRACTICE ACTIVE LISTENING WITH YOUR TEEN.

**PROMPT:** IDENTIFY TWO ACTIONS YOU CAN TAKE TO ENSURE YOU ARE FULLY LISTENING WITHOUT INTERRUPTIONS (E.G., MAINTAINING EYE CONTACT, PUTTING AWAY DISTRACTIONS).

#### YOUR NOTES:

1.

2.

## EMOTIONAL VALIDATION WORKSHEET

### 3. USE SIMPLE PHRASES TO VALIDATE

**ACTION STEP:** PRACTICE USING VALIDATING PHRASES DURING CONVERSATIONS.

**PROMPT:** WRITE DOWN THREE PHRASES YOU CAN USE TO VALIDATE YOUR TEEN'S FEELINGS. EXAMPLES INCLUDE "I CAN SEE WHY YOU'D FEEL THAT WAY" OR "THAT SOUNDS REALLY TOUGH."

#### YOUR NOTES:

1.

2.

## EMOTIONAL VALIDATION WORKSHEET

### 4. REFLECT BACK WHAT YOU HEAR

**ACTION STEP:** REFLECT BACK ON WHAT YOUR TEEN SAYS TO CONFIRM UNDERSTANDING.

**PROMPT:** WRITE DOWN A RECENT EXAMPLE OF A CONVERSATION WITH YOUR TEEN. HOW COULD YOU REFLECT BACK WHAT THEY SAID TO SHOW YOU WERE LISTENING?

#### YOUR NOTES:

1.

2.

## EMOTIONAL VALIDATION WORKSHEET

### 5. ACKNOWLEDGE THEIR PERSPECTIVE WITHOUT OFFERING SOLUTIONS

**ACTION STEP:** ACKNOWLEDGE YOUR TEEN'S EMOTIONS WITHOUT TRYING TO "FIX" THE PROBLEM.

**PROMPT:** WRITE DOWN TWO WAYS YOU CAN ACKNOWLEDGE YOUR TEEN'S FEELINGS WITHOUT GIVING IMMEDIATE ADVICE. EXAMPLE: "I UNDERSTAND WHY THIS IS HARD FOR YOU."

#### YOUR NOTES:

1.

2.

## EMOTIONAL VALIDATION WORKSHEET

### 6. SHOW EMPATHY THROUGH NON-VERBAL CUES

**ACTION STEP:** USE NON-VERBAL CUES TO REINFORCE VALIDATION.

**PROMPT:** WRITE DOWN TWO NON-VERBAL ACTIONS (E.G., NODDING, GENTLE TONE, WARM SMILE) YOU CAN USE TO SHOW EMPATHY DURING YOUR NEXT CONVERSATION WITH YOUR TEEN.

#### YOUR NOTES:

1.

2.

## EMOTIONAL VALIDATION WORKSHEET

### 7. BE PATIENT AND CONSISTENT

**ACTION STEP:** COMMIT TO BEING PATIENT AND CONSISTENT WITH YOUR EFFORTS.

**PROMPT:** WRITE DOWN ONE STRATEGY FOR BEING PATIENT WHEN YOUR TEEN IS RELUCTANT TO OPEN UP AND ONE WAY TO REMIND YOURSELF TO STAY CONSISTENT.

**YOUR NOTES:**

**PATIENCE STRATEGY:**

**CONSISTENCY REMINDER:**

### REFLECTION

**QUESTION:** HOW DID IT FEEL TO INTENTIONALLY MAKE TIME FOR DAILY MOMENTS WITH YOUR TEEN? WHAT CHANGES DID YOU NOTICE IN YOUR CONNECTION?

## DAILY REFLECTION ROUTINE WORKSHEET

THIS WORKSHEET IS DESIGNED TO HELP YOU ESTABLISH A DAILY REFLECTION ROUTINE THAT ENHANCES YOUR RELATIONSHIP WITH YOUR TEEN. COMPLETE EACH SECTION THOUGHTFULLY TO CREATE MORE AWARENESS, TRACK PROGRESS, AND CELEBRATE EVERY STEP OF YOUR PARENTING JOURNEY.

### 1. SET ASIDE 2 MINUTES FOR DAILY REFLECTION

**ACTION STEP:** ESTABLISH A CONSISTENT TIME EACH DAY TO REFLECT ON A POSITIVE INTERACTION WITH YOUR TEEN.

**PROMPT:** WHEN WILL YOU SET ASIDE TWO MINUTES FOR REFLECTION? WRITE DOWN A CONSISTENT TIME THAT WORKS BEST FOR YOU (E.G., AFTER DINNER, BEFORE BED).

**YOUR NOTES:**

**REFLECTION TIME:**

## DAILY REFLECTION ROUTINE WORKSHEET

### 2. IDENTIFY A POSITIVE CONNECTION MOMENT

**ACTION STEP:** THINK BACK OVER YOUR DAY AND IDENTIFY A SPECIFIC POSITIVE CONNECTION MOMENT.

**PROMPT:** WRITE DOWN ONE MEANINGFUL MOMENT YOU HAD WITH YOUR TEEN TODAY. IT COULD BE A SHARED LAUGH, A CONVERSATION, OR EVEN A SMALL GESTURE.

**YOUR NOTES:**

**POSITIVE MOMENT:**

## DAILY REFLECTION ROUTINE WORKSHEET

### 3. WRITE IT DOWN IN A JOURNAL

**ACTION STEP:** RECORD THE POSITIVE CONNECTION MOMENT IN YOUR JOURNAL TO MAKE IT MORE IMPACTFUL.

**PROMPT:** DESCRIBE THE MOMENT BRIEFLY, NOTING WHAT HAPPENED, HOW IT MADE YOU FEEL, AND HOW YOUR TEEN RESPONDED.

**YOUR NOTES:**

**DESCRIPTION:**

**HOW I FELT:**

**TEEN'S RESPONSE:**

## DAILY REFLECTION ROUTINE WORKSHEET

### 4. TRACK SHIFTS IN YOUR RELATIONSHIP

**ACTION STEP:** NOTICE ANY CHANGES IN YOUR RELATIONSHIP WITH YOUR TEEN OVER TIME.

**PROMPT:** HAVE YOU NOTICED ANY POSITIVE SHIFTS IN YOUR TEEN'S BEHAVIOR OR WILLINGNESS TO CONNECT? WRITE DOWN ANY CHANGES YOU'VE OBSERVED.

**YOUR NOTES:**

**POSITIVE SHIFTS:**

## DAILY REFLECTION ROUTINE WORKSHEET

### 5. CELEBRATE SMALL WINS

**ACTION STEP:** ACKNOWLEDGE AND CELEBRATE THE SMALL WINS YOU ARE MAKING IN CONNECTING WITH YOUR TEEN.

**PROMPT:** HOW WILL YOU CELEBRATE TODAY'S POSITIVE MOMENT? WILL YOU ACKNOWLEDGE IT INTERNALLY, SHARE IT WITH A LOVED ONE, OR SIMPLY TAKE PRIDE IN YOUR EFFORT?

**YOUR NOTES:**

**CELEBRATION PLAN:**

## REFLECTION

**QUESTION:** HOW DID THIS REFLECTION PRACTICE MAKE YOU FEEL? WHAT HAVE YOU LEARNED ABOUT YOUR CONNECTION WITH YOUR TEEN TODAY?

## TURN CONFLICTS INTO OPPORTUNITIES WORKSHEET

THIS WORKSHEET IS DESIGNED TO HELP YOU TURN CONFLICTS INTO OPPORTUNITIES FOR GROWTH WITH YOUR TEEN, FOSTERING A STRONGER, MORE UNDERSTANDING RELATIONSHIP. COMPLETE EACH SECTION THOUGHTFULLY TO MAKE THE MOST OUT OF EACH CHALLENGING MOMENT.

### 1. SHIFT YOUR MINDSET ABOUT CONFLICT

**ACTION STEP:** REFRAME HOW YOU VIEW CONFLICTS WITH YOUR TEEN.

**PROMPT:** WRITE DOWN ONE WAY YOU CAN SEE CONFLICTS AS OPPORTUNITIES FOR GROWTH RATHER THAN JUST PROBLEMS TO SOLVE.

**YOUR NOTES:**

**CONFLICT AS OPPORTUNITY:**

## TURN CONFLICTS INTO OPPORTUNITIES WORKSHEET

### 2. STAY CALM DURING DISAGREEMENTS

**ACTION STEP:** PRACTICE STAYING CALM WHEN TENSIONS ARISE.

**PROMPT:** WHAT CAN YOU DO TO STAY CALM DURING DISAGREEMENTS? LIST TWO CALMING TECHNIQUES (E.G., DEEP BREATHING, PAUSING BEFORE RESPONDING).

#### YOUR NOTES:

1.

2.

## TURN CONFLICTS INTO OPPORTUNITIES WORKSHEET

### 3. LISTEN TO UNDERSTAND, NOT JUST TO RESPOND

**ACTION STEP:** PRACTICE ACTIVE LISTENING DURING CONFLICTS.

**PROMPT:** WRITE DOWN ONE PHRASE YOU CAN USE TO SHOW YOUR TEEN YOU ARE LISTENING AND TRYING TO UNDERSTAND THEIR PERSPECTIVE (E.G., "I HEAR WHAT YOU'RE SAYING").

**YOUR NOTES:**

**LISTENING PHRASE:**

## TURN CONFLICTS INTO OPPORTUNITIES WORKSHEET

### 4. ASK CLARIFYING QUESTIONS

**ACTION STEP:** GAIN CLARITY ON YOUR TEEN'S PERSPECTIVE BY ASKING QUESTIONS.

**PROMPT:** WRITE DOWN TWO QUESTIONS YOU CAN ASK TO BETTER UNDERSTAND YOUR TEEN DURING A DISAGREEMENT (E.G., "CAN YOU HELP ME UNDERSTAND WHY THIS IS IMPORTANT TO YOU?").

#### YOUR NOTES:

1.

2.

## TURN CONFLICTS INTO OPPORTUNITIES WORKSHEET

### 5. VALIDATE THEIR FEELINGS

**ACTION STEP:** USE EMPATHETIC LANGUAGE TO VALIDATE YOUR TEEN'S EMOTIONS.

**PROMPT:** WRITE DOWN TWO PHRASES YOU CAN USE TO VALIDATE YOUR TEEN'S FEELINGS (E.G., "I CAN SEE THAT THIS IS REALLY UPSETTING FOR YOU").

#### YOUR NOTES:

1.

2.

## TURN CONFLICTS INTO OPPORTUNITIES WORKSHEET

### 6. TAKE A BREAK IF NEEDED

**ACTION STEP:** RECOGNIZE WHEN TO TAKE A BREAK.

**PROMPT:** WRITE DOWN HOW YOU WILL SUGGEST TAKING A BREAK IF THE CONVERSATION BECOMES TOO HEATED (E.G., "LET'S TAKE A BREAK AND COME BACK TO THIS IN 15 MINUTES").

**YOUR NOTES:**

**BREAK PHRASE:**

## TURN CONFLICTS INTO OPPORTUNITIES WORKSHEET

### 7. FOLLOW UP AFTER THE CONFLICT

**ACTION STEP:** REFLECT ON THE CONFLICT TOGETHER ONCE EMOTIONS HAVE SETTLED.

**PROMPT:** WRITE DOWN ONE QUESTION YOU WILL ASK YOUR TEEN TO FOLLOW UP AFTER A CONFLICT (E.G., "HOW DID YOU FEEL ABOUT OUR CONVERSATION?").

**YOUR NOTES:**

**FOLLOW-UP QUESTION:**

## TURNING CONFLICTS INTO OPPORTUNITIES WORKSHEET

### 8. REINFORCE POSITIVE OUTCOMES

**ACTION STEP:** ACKNOWLEDGE POSITIVE BEHAVIORS DURING THE CONFLICT.

**PROMPT:** WRITE DOWN ONE POSITIVE OUTCOME OR BEHAVIOR FROM YOUR RECENT CONFLICT WITH YOUR TEEN THAT YOU CAN REINFORCE (E.G., "I APPRECIATE HOW HONEST YOU WERE WITH ME").

**YOUR NOTES:**

**POSITIVE OUTCOME:**

### REFLECTION

**QUESTION:** HOW DID PRACTICING THESE STEPS AFFECT YOUR RECENT CONFLICT WITH YOUR TEEN? WHAT CHANGES DID YOU NOTICE IN YOUR COMMUNICATION?

# CONCLUSION

CONGRATULATIONS ON COMPLETING THE FIRST FIVE WORKSHEETS OF THIS JOURNEY! BY DEDICATING TIME AND ENERGY TO THESE EXERCISES, YOU'VE TAKEN MEANINGFUL STEPS TOWARD CREATING A DEEPER, MORE IMPACTFUL CONNECTION WITH YOUR TEEN. EACH MOMENT SPENT ON THESE WORKSHEETS WASN'T JUST ABOUT COMPLETING TASKS—IT WAS ABOUT BUILDING TRUST, UNDERSTANDING, AND A STRONGER BOND.

THE STRENGTH OF THESE ACTIVITIES LIES IN THEIR FOCUS ON THE SMALL, CONSISTENT ACTIONS THAT MAKE THE BIGGEST DIFFERENCE. IT'S NOT ABOUT PERFECTION OR GRAND GESTURES BUT ABOUT SHOWING UP AND BEING INTENTIONAL. THROUGH THESE WORKSHEETS, YOU'VE PRACTICED SKILLS LIKE EMPATHY, NONVERBAL COMMUNICATION, AND ACTIVE LISTENING, LAYING THE GROUNDWORK FOR OPEN AND HONEST COMMUNICATION WITH YOUR TEEN.

YOUR EFFORTS ARE ALREADY MAKING A DIFFERENCE. THOUGH YOUR TEEN MAY NOT ALWAYS EXPRESS IT, YOUR ACTIONS SEND A POWERFUL MESSAGE: THEY MATTER, AND THEIR EMOTIONS ARE SEEN AND VALUED. BY CREATING SPACE FOR CONNECTION, YOU'RE FOSTERING A RELATIONSHIP THAT WILL CONTINUE TO GROW AND THRIVE AS YOU BOTH NAVIGATE LIFE'S UPS AND DOWNS.

REMEMBER, IT'S NOT ABOUT DOING IT PERFECTLY EVERY DAY—IT'S ABOUT STAYING CONSISTENT AND BEING PRESENT. IF THINGS FEEL CHALLENGING, REVISIT THESE WORKSHEETS TO REFOCUS AND RECONNECT. EACH STEP YOU TAKE IS A STEP TOWARD GREATER TRUST AND MUTUAL RESPECT.

THANK YOU FOR CHOOSING TO INVEST IN THIS PROCESS. THE TIME AND EFFORT YOU'RE PUTTING INTO THIS RELATIONSHIP WILL LEAVE A LASTING LEGACY OF LOVE AND UNDERSTANDING. KEEP PRACTICING, KEEP REFLECTING, AND KEEP NURTURING THIS CONNECTION. THE RESULTS WILL RIPPLE THROUGH YOUR FAMILY IN WAYS YOU CAN'T YET IMAGINE.

**Keisha Golder**

WORKSHEETS  
ABOUT KEISHA

# ABOUT KEISHA GOLDER

KEISHA GOLDER IS THE AUTHOR OF **BRIDGING THE TEEN GAP** AND CREATOR OF THE **EMOTIONALLY INTELLIGENT TEEN METHOD**. AS AN ADVOCATE FOR STRONG PARENT-TEEN RELATIONSHIPS, KEISHA EMPOWERS MOTHERS TO FOSTER LASTING CONNECTIONS WITH THEIR TEENAGERS. HER WORK CENTERS ON USING EMOTIONAL INTELLIGENCE TO BUILD TRUST, EMPATHY, AND UNBREAKABLE BONDS.

KEISHA'S APPROACH IS GROUNDED IN REAL-WORLD STRATEGIES THAT BUSY MOMS CAN IMPLEMENT QUICKLY TO AVOID COMMUNICATION PITFALLS AND STRENGTHEN RELATIONSHIPS. HER COACHING BLENDS WARMTH WITH ACTIONABLE TECHNIQUES, HELPING PARENTS CONNECT AUTHENTICALLY WITH THEIR TEENS.

THROUGH HER PROGRAMS AND RESOURCES, KEISHA HAS HELPED COUNTLESS MOTHERS TRANSFORM THEIR RELATIONSHIPS, CREATING A FOUNDATION OF MUTUAL RESPECT THAT LASTS A LIFETIME.

LEARN MORE ABOUT THE EMOTIONALLY INTELLIGENT TEEN METHOD:

[KEISHAGOLDER.COM/EITM](http://KEISHAGOLDER.COM/EITM)



*Keisha Golder*

PARENTING TEENS CAN FEEL LIKE NAVIGATING UNCHARTED WATERS—FULL OF EMOTIONAL HIGHS AND UNEXPECTED LOWS. IN **BRIDGING THE TEEN GAP**, KEISHA GOLDER PROVIDES A LIFELINE FOR BUSY MOMS SEEKING TO BUILD DEEPER, MORE MEANINGFUL CONNECTIONS WITH THEIR TEENAGERS. THIS BOOK OFFERS A SIMPLE, ACTIONABLE APPROACH TO STRENGTHEN TRUST, BOOST EMPATHY, AND CREATE LASTING BONDS IN JUST FIVE MINUTES A DAY.

THROUGH PRACTICAL EXERCISES, REAL-WORLD EXAMPLES, AND EMOTIONALLY INTELLIGENT STRATEGIES, YOU'LL LEARN HOW TO AVOID COMMON COMMUNICATION PITFALLS AND FOSTER GENUINE UNDERSTANDING. WITH WARMTH AND WISDOM, KEISHA GUIDES YOU STEP-BY-STEP TO TRANSFORM DAILY INTERACTIONS INTO OPPORTUNITIES FOR CLOSENESS, HELPING YOU CREATE AN UNBREAKABLE CONNECTION THAT WITHSTANDS EVEN THE TOUGHEST TEENAGE CHALLENGES.

READY TO BRIDGE THE GAP? START YOUR JOURNEY TODAY AND BUILD A RELATIONSHIP THAT LASTS A LIFETIME.



**Keisha Golder** is a life purpose and emotional intelligence coach passionate about helping mothers connect with their teens. Creator of the **Emotionally Intelligent Teen Method**, Keisha blends years of experience with practical strategies that busy moms can easily implement. Her mission is to foster empathy, trust, and unbreakable bonds that transform parent-teen relationships for the better.