



# Parent – Teen Roadblocks to Communication

## 1. Denial of feelings

- Don't be upset, she isn't worth it.
- Let's go shopping, you'll feel better.

## 2. Commands, orders

- Hurry up!
- Clean that room right now!

## 3. Threats

- If you talk that way one more time, you'll be grounded.
- If you get home late, you will regret it young man!

## 4. Lecturing, moralizing

- Keep that up and no one will like you.
- You can be such a mean sister!

## 5. Advice, offering solutions

- You need to be nicer if you want to have friends.
- You should call your friend to get the homework.

## 6. Blaming, criticizing

- You are always making a mess.
- What's the matter with you?

## 7. Name calling, ridiculing

- When are you ever going to grow up?
- You look ridiculous in that outfit.

## 8. Comparisons

- Why can't you work hard in school like your brother?
- Your friend Sarah always helps out in the kitchen.

## 9. Questioning

- What's the problem here? Why didn't you start studying yet?
- Why weren't you invited to that party? What did you do wrong?

## 10. Reassuring, pitying

- That's just terrible. You poor kid!
- Don't worry, we'll make it better.

