

Sample Parent-Teen Empathic Communication Script:

Scenario: You recently informed your 15-year-old daughter of the need to move out of state.

Parent A (15 yo girl): *"I just can't leave my friends. I'm never moving. You'll have to go on without me."*

Parent B (mother): *"You sound really upset."*

Parent A: *"Yeah I'm upset. Wouldn't you be? I'm so mad. You and Dad are ruining my life."*

Parent B: *"Your friends mean the world to you, and you can't bear to leave them."*

Parent A: *"That's right. My friends are the most important thing—more important than my family."*

Parent B: *"No one can take the place of your friends."*

Parent A: *"Especially Jean. She's been my best friend since kindergarten. I could never find another friend like her. I'll be lost without her."*

Parent B: *"Jean is a really special friend—the kind that only comes along once in a lifetime."*

Parent A: *"I can't leave her. I won't have anyone to talk to or hang out with."*

Parent B: *"Not seeing Jean every day is going to be hard on you. I wonder if there's anything you could do to make it easier on both of you?"*

Parent A: *"Nothing will help. Not moving is the only thing."*

Parent B: *"You seem heartbroken. Maybe you and Jean can put your heads together and figure out a way to make this move a little less hard on both of you."*

Parent A: *"Can I come back and stay with her all summer?"*

Parent B: *"Visiting each other may be an option."*

Parent A: *"I'm going to call her right now. Maybe we could make scrapbooks for each other."*

Parent B: *"Or get cell phones with unlimited long distance."*

Parent A: *"Really? That would help . . . a little."*