

A ONE-WEEK PARENT PRACTICE

WHO ANSWERED FIRST?

Before treating your teenager's silence as the problem, notice what happens after you ask a real question. This is an observation tool, not a scorecard for you or your teen.

Use only for calm, non-urgent questions.

Ask once. Let the pause stay open. Record what you did—not what you think the silence meant.

1 · ASK

Use one genuine question.

2 · NOTICE

Watch your first ten seconds.

3 · RECORD

Mark the action, not a judgment.

4 · REVISIT

Offer time and return later if useful.

Day	The question	What happened in my first ten seconds?	What will I try next time?
1		☐ waited ☐ repeated ☐ rephrased ☐ suggested ☐ lectured ☐ answered	
2		☐ waited ☐ repeated ☐ rephrased ☐ suggested ☐ lectured ☐ answered	
3		☐ waited ☐ repeated ☐ rephrased ☐ suggested ☐ lectured ☐ answered	
4		☐ waited ☐ repeated ☐ rephrased ☐ suggested ☐ lectured ☐ answered	
5		☐ waited ☐ repeated ☐ rephrased ☐ suggested ☐ lectured ☐ answered	
6		☐ waited ☐ repeated ☐ rephrased ☐ suggested ☐ lectured ☐ answered	
7		☐ waited ☐ repeated ☐ rephrased ☐ suggested ☐ lectured ☐ answered	

The habit I noticed most:

One change I will keep:

Remember: waiting does not guarantee a conversation, and one pause does not diagnose anything. The aim is simply to make room for a genuine answer.