

The 5-Script Connection Vault

Word-for-word conversation starters to reconnect with your teen—even if they barely speak to you now.

INTRODUCTION: The Connection Shift

Hey Friend.

If you're holding this, it means one thing:

You're not ready to give up on your kid. And I want you to know—I see you.

You're exhausted from trying to connect and getting shut down.

From pouring love into one-word answers.

From wondering what happened to the little human who used to cuddle up next to you and tell you everything.

Now?

You get slammed doors, eye-rolls, and silence.

And you're stuck walking on eggshells, afraid that one wrong word will set off another blow-up or shut them down even more.

Let me just say this:

You haven't failed.

You're not too late.

And this isn't how your story ends.

This vault is your first step toward rebuilding the connection—without yelling, guessing, or losing yourself in the process.

Inside, you'll find 5 **word-for-word conversation starters** that are designed to create safety, open the door to trust, and remind your teen: *"Mom's still here. And I'm not going anywhere."*

But this isn't just about words.

It's about energy.

It's about presence.

It's about learning how to meet your teen where they are... so they feel safe enough to come closer.

You don't need perfect timing or deep talks.

You just need *moments of invitation*.

That's what this vault gives you.

Let's bring back the real convos.

Let's rebuild the bond.

Let's go from cold shoulders to sidekicks again.

Ready?

Let's do this—together.

HOW TO USE THIS VAULT

Before you dive into the scripts, let's set the tone.

Because this isn't a magic spell—it's a **strategy** built on trust, presence, and patience.

These conversation starters are like *open doors*.

Your teen may not always walk through immediately...

But the more doors you open, the safer it feels to come in.

So here's how to get the most out of this vault:

1. Timing Matters Less Than Energy

You don't have to wait for the "perfect moment."

What matters more is your tone, your presence, and your energy.

Say it with calm curiosity.

Not control. Not expectation.

You're offering connection—not demanding conversation.

2. Keep It Low-Pressure

Don't turn these into *lessons* or *lectures*.

Your teen isn't looking for another teaching moment—they're looking for someone who sees them without judgment.

If they give a short answer?

That's okay.

You're planting seeds, not forcing fruit.

3. Use Them in Real Life, Not Just ‘Talk Time’

These aren’t “sit down and talk” scripts.

They’re for the car ride.

The moment in the kitchen.

The pause during Netflix.

The random text before bed.

The more casual the moment, the safer it feels.

4. Watch Their Body Language (Not Just Their Words)

Teens might not say much—but their energy will tell you *everything*.

Did their posture shift?

Did their tone soften?

Did they stay in the room a little longer?

That’s a win.

Take it.

5. Don’t Expect a Full-Hearted Response Every Time

Sometimes your teen might ignore the script completely.

Other times, they’ll throw a grunt or a shrug your way.

Here's the truth:

The win isn't the response. It's the invitation.

Keep extending it.

Because one day?

They're going to surprise you with,

"Hey mom... can I tell you something?"

And you'll know exactly where it started.

Let's go write those moments into reality.

Time to open the first door...

SCRIPT 1: The Door Opener

For those “after school” or “after practice” moments when you just want to get a real answer... not a grunt.

THE SCRIPT:

“I’m so happy to see you—what was the best part of your day... even if it sucked?”

WHY IT WORKS:

This script lowers the pressure from the start.

You’re not asking for a report.

You’re inviting a moment.

By saying “even if it sucked,” you’re giving them permission to be real—not just “fine.”

You’re showing them that all feelings are safe with you... not just the happy ones.

And starting with *your joy* at seeing them?

That’s a powerful reminder: *You matter to me, even when you’re quiet.*

WHEN TO USE IT:

- When they walk in the door
- When they slump into the car
- When you see them at the dinner table
- When they've had "one of those days" and you don't want to push, but you want to show up

WHAT NOT TO SAY:

- "How was school?" (Too generic. They've heard it a thousand times.)
- "Did you get your homework done?" (Instant shutdown—feels like pressure, not care.)
- "Why are you in a mood?" (Judgment = instant defense)

BONUS TIP:

If they give you a short answer, try following up with:
"Tell me more about that—sounds like it hit different today."
This keeps the convo going without it feeling like an interrogation.

Real Talk Reminder:

You're not trying to crack them open like a safe.

You're inviting them back into your presence—slowly, gently, and with love.

SCRIPT 2: The Silent Support

For those heavy, silent moments when something's clearly off—but they won't open up.

THE SCRIPT:

"I don't need you to talk right now. Just know I'm here when you're ready—and I love you no matter what."

WHY IT WORKS:

When a teen is overwhelmed, anxious, or emotionally flooded, pushing for a conversation only makes them pull away harder.

This script **removes the pressure** while still reinforcing love, stability, and presence.

It tells them:

"You don't have to be okay to be loved here."

And that changes everything.

WHEN TO USE IT:

- When your teen is clearly upset but says “I’m fine”
- After a meltdown, argument, or intense moment
- When they’re isolating or staying in their room
- When they seem angry or moody and you want to avoid triggering more tension

WHAT NOT TO SAY:

- “You better tell me what’s going on.”
- “Why are you acting like this?”
- “You can’t just walk around with an attitude.”

These create *defensiveness, not dialogue*.

BONUS TIP:

Leave a sticky note on their door or send it as a text if face-to-face feels too intense.

Words carry power—even when they’re written.

Real Talk Reminder:

Sometimes the most healing thing a mom can say is:

"I'm here. No matter what."

That silence you're afraid of?

It's not the end.

It's a pause.

And this script gives them a reason to *unpause*—when they're ready.

SCRIPT 3: The Tag-In Text

For when they're in their room, on their phone, or in their feelings—and you want to gently reconnect.

THE SCRIPT (TEXT):

“Just thinking about you. I know life feels heavy sometimes. No need to reply—I just wanted you to know I love you.”

WHY IT WORKS:

This script gives them:

- **Permission to feel**
- **Freedom not to respond**
- **Proof they're still seen and loved**

It's low-pressure, high-impact.

And for teens who live on their phones, this kind of “soft check-in” lands way better than a knock on the door or a heart-to-heart demand.

Plus—*it sticks in their brain.*

Even if they don't respond, they read it.

And that's a seed planted.

WHEN TO USE IT:

- After an argument or moment of distance
- Late at night when you're worried but don't want to overwhelm them
- Anytime you feel like the silence is stretching too long
- When your gut says, "They need to know I'm still here."

WHAT NOT TO SAY (TEXT OR OTHERWISE):

- "Why are you ignoring me?"
- "You're being really disrespectful."
- "You're always on that phone and never talk to me."

That just fuels the wall you're trying to take down.

BONUS TIP:

Use a note app to pre-save 2–3 "love drops" like this, so you can send them in the moment instead of reacting emotionally.

Intentional > impulsive.

Real Talk Reminder:

Not all love needs a reply.

Sometimes it just needs to be received.

And your job?

To keep showing up—without expectation, without pressure,
without retreating when they pull away.

SCRIPT 4: The Memory Magnet

For those casual moments where you want to rebuild warmth without making it a “thing.”

THE SCRIPT:

“Remember when you used to [insert inside joke or moment here]? That still cracks me up.”

WHY IT WORKS:

Memories create **emotional safety**.

They remind your teen:

- “We’ve been good before.”
- “We have history together.”
- “This isn’t just about now—it’s about all the *us* that came before.”

Nostalgia lowers their defenses and brings down the walls because it taps into a version of themselves that *wasn’t at war with you*.

It also gives them a micro-dose of dopamine—a feel-good moment that’s connected to you.

WHEN TO USE IT:

- During a meal or car ride
- While watching a show, scrolling, or folding laundry
- Randomly as a drive-by moment (no setup needed)
- Anytime you want to connect without deep convo

WHAT NOT TO SAY:

- “You used to be so sweet... what happened to you?”
- “I miss when you were little. You were easier then.”
- “You’re nothing like you used to be.”

Comments like that trigger shame.

This isn't about *guilt-tripping them into being younger*—it's about *inviting them back into the bond*.

BONUS TIP:

Keep a “Memory Bank” in your phone notes—write down funny or meaningful moments as they happen or pop up, so you can pull from them later.

Real Talk Reminder:

Sometimes the way forward... is back.

Not to relive the past, but to *reignite the bond* that's always been there—waiting to be remembered.

SCRIPT 5: The Permission to Be Real

For the brave moment when you want honesty, not hierarchy—and you're ready to lead with vulnerability.

THE SCRIPT:

"I know I mess up sometimes. I'm still learning how to be the mom you need. What's something I could do better?"

WHY IT WORKS:

This script does what most teens *never expect*:

It flips the script.

It shows humility.

It puts you on *their* team—not above them, not against them, but *with* them.

By admitting you're still learning, you model what emotional safety actually looks like.

You're saying: "This is a safe space to be human. I'll go first."

And that, mama, is powerful.

WHEN TO USE IT:

- When things feel tense but not explosive
- After you've had a breakthrough moment
- When you're ready for a deeper convo—not just a surface one
- In a quiet moment: driving, late night, or after a show

WHAT NOT TO SAY:

- “You never tell me what you need.”
- “What more do you want from me?”
- “I'm trying my best—why isn't that enough?”

Those are defense triggers.

They make your teen feel like your ego is more important than their truth.

This script keeps the spotlight on **connection over correction**.

BONUS TIP:

If they say “I don’t know” or shrug it off, don’t take it personally.

Try this instead:

“It’s okay if you don’t have an answer right now. Just know... I really do care what you think. And I’m open to learning.”

Real Talk Reminder:

This script isn’t about perfection—it’s about permission.

Permission for you to grow.

Permission for them to feel safe.

And permission to start again... as a team.

WHAT'S NEXT: Your Connection Shift Has Started... Now Let's Build the Whole Bridge

You've got the words now.

You've got the intention.

And most importantly—you've got *hope* again.

But let's be real, mama:

Connection doesn't happen from just one script.

It's a journey.

One that includes *your triggers, their moods, and all the messy moments in between.*

If you're craving more than just a few words...

If you want a **real plan** for rebuilding trust and peace in your home...

I'd love to help.

Your Next Step (If You're Ready): The Sidekick Session

A private 30-minute coaching call where we:

- Map out your 90-day connection strategy
- Decode your teen's behavior (and how to respond without panic)
- Create conversation rhythms that feel natural, not forced
- Identify what's *really* causing the shutdowns—and how to turn them into soft landings

No pressure. No pitch. Just you and me, getting clear on what's next.

Because this isn't about *fixing* your teen.

It's about *reaching* them.

And I've got the tools to help you do just that.

Click here to book your Sidekick Session →

<https://koalendar.com/e/sidekick-session>

Spots are limited—because I go deep with every mama I work with.

You've already taken the first step.

Let's take the next one together.

You don't have to do this alone anymore.