

Improving Your Active Listening Skills

Step 1: Identify common communication challenges

Think about some of the most common communication challenges you face when talking to your ADHD teenager. Write down at least three in the spaces below.

1: _____

2: _____

3: _____

Step 2: Practice active listening techniques

Choose one of the communication challenges from step 1 and practice using these active listening techniques during a conversation with your teenager:

- Make eye contact which is comfortable for your teen
- Give them your full attention - don't scroll on your device or try to fit in chores.
- Avoid interrupting
- Ask clarifying questions
- Paraphrase what your teen said to ensure understanding
- Use nonverbal cues like nodding or smiling to show you're engaged
- Be patient - don't huff or sigh when they are trying to tell you their story.
- Try not to "fix" the situation - ask them what they need from you right now.

Example:

- Challenge: When my teen is talking, I often find myself thinking about what I want to say next instead of really listening.
- Active listening technique: During a conversation with my teen, I will make an effort to ask more clarifying questions and paraphrase their statements back to them before responding.

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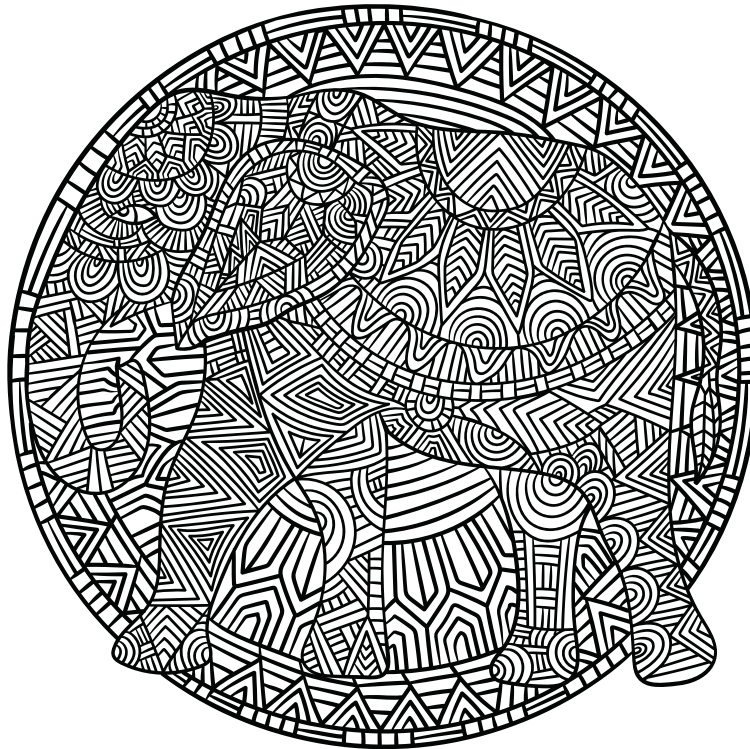
Step 3: Reflect on the experience

Think about some of the most common communication challenges you face when talking to your ADHD teenager. Write down at least three in the spaces below.

After practicing active listening, take some time to reflect on how it felt for both you and your teenager. Ask yourself these questions:

- Did using active listening techniques help me understand my teenager better?
- Did my teenager seem more receptive to what I was saying?
- How can I continue using these techniques in future conversations?

Remember that effective communication takes practice, so don't be discouraged if it doesn't work perfectly the first time around! This worksheet is designed as a starting point for exploring how to use active listening effectively in conversations with your teenager. By practicing this technique, you can improve communication, build trust, and strengthen your relationship with your teen.



Reflections of my experience

