

# Quick-Start Connection Convo *Cheat Sheet*

5 STEPS TO GET YOUR TEEN  
TALKING AND CREATE  
CONNECTIONS

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 TERRI LEE

@connectwithyourteens

# Quick-Start Connection

## A SIMPLE WAY TO RECONNECT AND AVOID THE EYE ROLL AND SILENCE

If you're like most moms of teens, it can feel like you're walking on eggshells every time you try to talk with your kids. You never know what you'll get—an eye roll, a one-word answer or defensiveness. You've tried everything—asking questions to show you care, offering help, attending their activities, even letting things slide just to keep the peace- but it's not working. Between trying to connect and competing with their screens, it's exhausting.

Your teen feels like a brick wall you can't break through, but you want to change this cycle. You're in the right place. You don't have to settle for disconnection. Grab a latte and let's get to it!

### ***Time is short***

I know your kids are on the verge of leaving home to build their own lives. I know that life is too busy. Learning something new might feel overwhelming.

But, here's the thing...

I created this special framework because I know what life can be like for you. As a mom navigating the journey with a teenager, possibly juggling work, church ministry involvement, or even homeschooling, I've developed a tailored approach, recognizing the demands on your time. Balancing work, family, household, and personal time isn't easy for you. We all need more hours in the day. This is why you must start using my Quick Start Connection Framework.

### ***Quick-Start Connection is***

- A simple 5 Step framework
- Takes only 10 minutes (If they want to talk longer, fantastic! Keep listening!)
- Helps your teen feel seen, heard, and understood
- Nourishes and speaks to their heart by expressing God's unconditional love for them
- Decreases tension
- Increases connection
- Brings the joy back into relating to your kids

### ***Teenagers need 3 things daily***

To know they are loved for who they are, listened to without criticism, and know that you believe in them.

### ***Mom discouragement is real***

I know you feel discouraged when nothing seems to work when trying to get your kids to open up about their life.

When your kids are dismissive, disrespectful, disinterested in God, or complain that you don't hear what they're saying, it can feel like what you do is never enough.

This is why you must start using Quick-Start Connection Convos every week with your kids. Finally get rid of your mom discouragement and help you and your teens feel loved and valued.

- Save time, energy, and frustration
- See results quickly
- It only takes 10 minute to get started!

You will be amazed how Quick-Start Connection will help you reconnect and break through the silence.





# Hi, I'm Terri!

I'm so glad we've connected because I know you want to get your teen to talk and actually listen. You're ready to end the silence and disconnection and move from just "getting by" to truly thriving in your relationship.

I'm Terri, the founder of Connect With Your Teens and the CWYT Roadmap Method, where I get to help moms of teens create meaningful and trust-filled relationships. My passion is helping you rebuild connection and restore peace with your kids, because I know how deeply you love them and how hard you're trying.

Being a mom myself to my now adult kids; Breana (35), Sharaya (32), and Austin (30) I've walked where you're walking. Parenting teens and emerging adults is hard, confusing, worrisome, and at times downright discouraging. I know what it feels like to be shut out, but I also know the power of communication that heals.

Before creating this method, I earned my bachelor's in social work where I served teens, families, and seniors. Over the years, I've also led women's, youth, and family ministries and became trained in Discovery Listening—a communication tool that became the turning point in how we related and connected as a family.

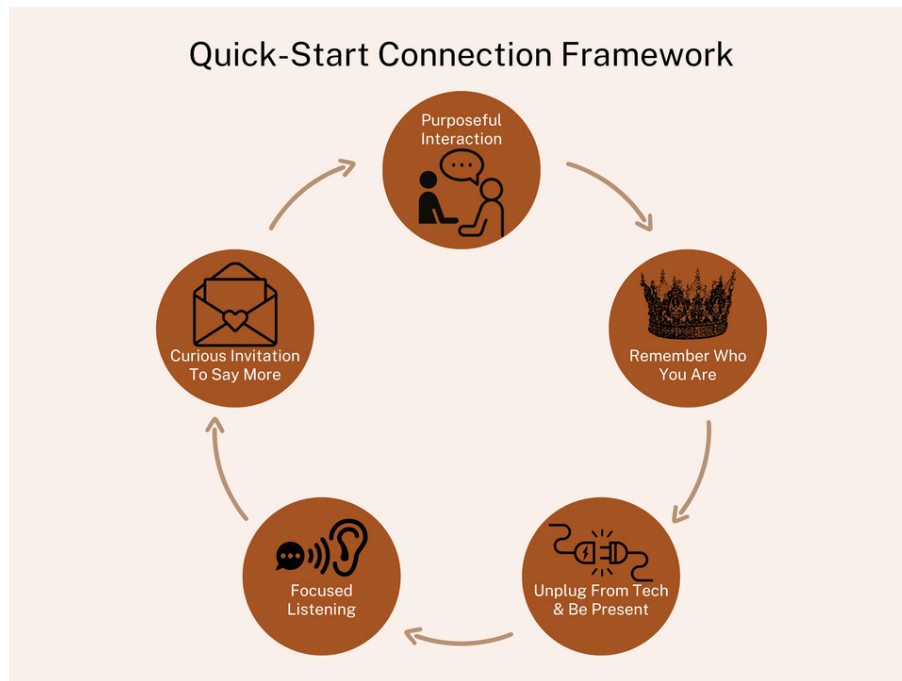
**Over the past 17 years I've guided parents on developing Christ-centered communication strategies, enabling them to create loving, connection-based relationships with their kids and families.**



*"I believe that when we learn to listen in a way that shows empathy and honor toward our kids they'll become confident in God's and our love for them and we will change the world together, one conversation at a time."*

*Terri Lee*





Be sure to include ALL 5 Steps to achieve your desired results!

#### ***To get started***

Include all 5 Steps EVERY time you use Quick-Start Connection. It will soon become second nature.

#### ***Intentional Interaction:***

Choose connection over correction and lean into casual moments when they're most open to get started. Do Quick Start Connection 2-4 times a week.

#### ***Remember who you are:***

Take a few minutes with God before the conversation to anchor your heart in his presence. Reflect on verses like Ephesians 2:10 or Psalm 139:1-18. Ask, "Who am I in you?" Let his love and delight shift the way you show up—with peace, confidence, and a heart ready to connect.

#### ***Unplugged:***

During Quick-Start Connections, unplug from everything else. Be present with your teen. Avoid distractions like answering emails or scrolling social media. Tips: Silence notifications and keep your phone out of sight. Allow them to take the lead in managing their phone usage.

**Remember:** You must use all 5 steps of the framework to make sincere connections especially in the beginning! Do your best to stay consistent with Curious Invitations 2-4 times a week and you will see results more quickly and it will soon become second nature!

#### ***Focused Listening:***

Listen with curiosity and humility, giving your full attention to understand what they are saying and feeling. Your presence will speak volumes about who you want to be in their life as a trusted confidant that loves and supports who they are in their core identity. You'll show this by listening, one conversation at a time.

#### ***Curious Invitation:***

When they pause, adopt a curious posture and attitude, then extend an invitation for them to say more. Utilize phrases like, "Tell me more," "Is there anything else?" or "I'd love to hear more?" Seize this opportunity to learn more about who they are. Simply listen without comment, interruption or criticism. You'll convey the message, "I value you; I want to hear you; you are important." On the next pause, invite again until they finish. In doing so, you'll establish a positive connection. Repeat this framework at least 3 times a week to listen, and gradually build the foundation for a healthy, trusting relationship.

***Listen, connect, and enjoy your teen-frustration free!***



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