

The Low-Pressure Bridge™

Bonus 1: 30 Conversation Starters

Simple prompts for talking to a quiet teenager without making it feel like an interview.

These are conversation starters, not an interview checklist. Pick one when the moment feels natural, ask it once, and give your teenager room to answer.

30 Conversation Starters

1. What's one thing about school this week that was actually interesting?
2. What's the funniest thing that happened today?
3. What's something adults don't understand about teenagers?
4. Who made you laugh recently?
5. What's something your friends are talking about these days?
6. What's one app you think adults completely misunderstand?
7. What's a song you've been listening to a lot lately?
8. What's a video or meme that made you laugh recently?
9. If you had a free Saturday with no chores, what would you do?
10. What's something you're getting better at?
11. What are you looking forward to this month?
12. What's something you wish I asked you about more often?
13. Do you prefer advice or just someone to listen when you're stressed?
14. What's one thing that can ruin your mood quickly?
15. What helps you calm down when you're annoyed?
16. What's something you wish adults would stop saying?
17. What's one rule at home you think is unfair?
18. If you could make one new family rule, what would it be?
19. What's something you think I'm good at as a parent?
20. What's something I could do that would make home feel easier?
21. What's one thing you wish I understood about your life?
22. Is there anything at school that feels more stressful than it looks?
23. What's something you're proud of that I may not have noticed?
24. If you made a decision and it went badly, would you want me to help or listen first?

- 25. What's something you want to learn or try this year?
- 26. What's one small thing we could do together this week?
- 27. What's one thing you're excited about right now?
- 28. What's something you wish you had more time for?
- 29. What's a place you'd like us to visit together?
- 30. What's one thing that always makes a bad day a little better?

Use them the Low-Pressure Bridge™ way

Ask one question, then pause. If the answer is short, don't fire off three more questions. Try "Tell me more," or simply continue the moment. Car rides, meals, errands, cooking, and watching something together can all create natural openings.