

The Low-Pressure Bridge™

Bonus 2: The “My Teen Says Fine” Rescue Sheet

Quick responses for the moments when your teenager shuts the conversation down.

Use this sheet when your teenager gives you a short or closed answer. The goal is not to win the conversation; it is to keep the door open.

When Your Teen Says “Fine”

“Fine.” — “Okay. No pressure. I'm here if you want to talk later.”

“Nothing.” — “Alright. I'm not going to force it. If something is on your mind, you can come to me.”

“I don't know.” — “That's okay. You don't have to have the answer right now.”

“Leave me alone.” — “Okay. I'll give you some space. We can talk later.”

“I'm tired.” — “Fair enough. Get some rest. We'll catch up later.”

“Why are you asking?” — “Because I care about you. You don't have to explain everything right now.”

“It's not a big deal.” — “Okay. If it becomes a big deal, you can still come to me.”

“You won't understand.” — “Maybe I won't understand immediately, but I'm willing to listen.”

“Just forget it.” — “Alright. I won't push. But the door is open if you change your mind.”

“Can you just listen?” — “Yes. I'll listen first.”

Three things to avoid

1. Don't immediately ask five more questions.
2. Don't punish your teenager simply because they do not want to talk at that moment.
3. Don't turn every small answer into a lecture.

Your simple response

Give the invitation, then give them room. Your teenager may talk later — sometimes when you least expect it.

“I'm here. You don't have to talk right now.”