



This  
Loving  
Mom's  
***The***  
***Neutral***  
***Z♥ne***  
Packet  
#2

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Mom's *The Neutral Zone*  
*Guide & Journal*

Janet Lund



## Welcome Back to Session 2!

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Hi Mom!

I hope you have given your daughter her companion program so she knows what you are learning.

In session 1 we discussed dealing with conflict. I hope you spent some time reflecting and journaling about your own experience with conflict both as a child as an adult. Your insights will be a great source of insight as you move forward with communicating and connecting with your daughter.

In Session 2 we will go through The Create The Neutral Zone. This provide you with the step by step process of reconnecting with your daughter each day.

I wish you well on your journey!

Janet Lund  
Founder, Mom Keep Calm

# TNZ

## Session #2

### Create The Neutral Zone

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#### Your Daily Presence After School

Your teen daughter needs you in her life \_\_\_\_\_ than she did when she was little! No joke.

*A parents presence after school every day is important!*

*Being home every day after school can be difficult if you work outside of the house.*

*Brainstorm Ideas to be Present after school:*

- 1)
- 2)
- 3)
- 4)
- 5)

*Another Thought....*

- 6)

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The Telephone Ice Breaker Conversation = 15 Minute Call  
Accomplishes 2 things: 1) Communicates I love you  
2) Gives insight for evening talk

Make the most of your call:

1)

2)

3)

4)

5)

6)

7)

**Your PRESENCE is a GIFT!**

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#### SHE NEEDS time with YOU!

Whether your daughter knows it or not, time with you can truly make a difference not only in her day to day life but in her future.

If you can be physically home after school remember that it's your **emotional presence** that makes the difference.

- 1) Pause.
- 2) Be aware of your \_\_\_\_\_.
- 3) Consider her \_\_\_\_\_.

#### The Ice Breaker Conversation at Home: Help Her Reconnect

- 1)
- 2)
- 3)

Focus on listening, asking neutral questions, and ask how she feels about the situation. Create a safe environment for your daughter to open up and be vulnerable.

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**Why?** Because your teen deals with \_\_\_\_\_ every day.

We as parents need to be the \_\_\_\_\_ to that negative noise.

**Communicate that home is always a place where they \_\_\_\_\_.** Even when they are hard to be around.

**It takes \_\_\_ positives to  
overcome \_\_\_ negative.**

Remember that when your teen comes home grouchy and attitudinal she needs your help.

**Your Daughter Needs a Fire Hose of Love to  
wash off a day of school!**

Calmly listening after school that starts the process of washing away the difficulties of each day.

**After snacks remind her you look forward to talking  
with her more later tonight.**

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Notes on a few mistakes to avoid:

1) \_\_\_\_\_.

2) No \_\_\_\_\_.

3) \_\_\_\_\_.

Write a few notes about after school routines you could do differently:

Give Yourself a Big Scoop of Grace!

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1) " \_\_\_\_\_ " - When you find yourself in the middle of or on the verge of an argument pause and ask yourself:

*“Am I in the frame of mind to positively address this issue or do I need a time out?”*

Say to your teen, “I need to take a \_\_\_\_\_ - \_\_\_\_\_ because I am getting upset and I don’t want to say something I don’t mean.” Tell her you would like to try talking about this in a little while.

Think back on what your daughter was saying. Now ask yourself these questions:

- Am I jumping to conclusions already?
- Do I need clarification on what she means?
- What am I feeling right now? (fearful or anxious?)
- Why am I feeling this way?
- How would I like to respond to her no matter what she says?

*Visualize yourself being calm no matter what.*

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#### 1) "Reframe Part 2" – Important Questions and Phrases

If it is your daughter who is the one getting really upset pause and ask,

*"Do you feel like you are being heard?" "I want to truly hear what you are saying and feeling."*

**This is an important moment.** You are communicating that you care about her feelings and that you are open to the possibility that you aren't listening well. If she says no then say,

*"Ok. I am sorry. Please give me another chance to hear what you want me to understand."*

Depending on where she is at emotionally she may be ready to try again. But if she seems really upset ask her,

*"Honey I am sorry we are having trouble communicating right now. Would you like to take a break and try again in an hour?"*

By inviting her into the decision making process you help her see that you value her thoughts and needs. It also gives her a chance to determine whether she is ready to continue or not.

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2) “ \_\_\_\_\_ ” - that no matter how good or bad a conversation has gone, *it's never over*.

You can \_\_\_\_\_ continue the conversation! Take another run at it with the objective of saying what you really wanted to say.

How?

By first \_\_\_\_\_ your \_\_\_\_\_, \_\_\_\_\_, and then \_\_\_\_\_.

Reconciliation and forgiveness  
is how our relationships grow  
stronger.

3) “ \_\_\_\_\_ ”

Remember how much you love her. Your teen may be hard to like right now but this is that little person you fell in love with years ago. So focus on your love for her.

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4) “ \_\_\_\_\_ ” - your daughter humbly.  
Tell her you would like to give your last conversation another try.

Ask if this is a good time. Tell her that you don't want to interrupt something she is in the middle of.

If it is not a good time, then **together** come up with a plan for when to continue the conversation.

5) “ \_\_\_\_\_ ” - When it is a good time to talk first approach the conversation acknowledging that you were getting upset last time and not listening as well as you wished you had. (Like we covered in step 3.)

Tell your daughter that you want to be a better listener for her so you can understand what she is feeling. Tell her that her feelings matter to you.

Your teen is at a stage in her life where she should be listened to \_\_\_\_\_, even if what she is saying seems immature.

Encouraging your teen to express herself tells her that she as an individual that has \_\_\_\_\_.

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6) “ \_\_\_\_\_ ” - Follow through by being a good \_\_\_\_\_. There were many times when I wanted to jump in because I \_\_\_\_\_. I already knew what my daughter meant. Stop! Don't do this! This will not only shut your daughter down emotionally but it is actually being \_\_\_\_\_ to her.

7) “ \_\_\_\_\_ ” - As your daughter starts to express her feelings she may seem reluctant to share.

Do not \_\_\_\_\_ that she is giving you attitude.

Remember the story about:

## ASSUME

Stop and listen carefully to not only the words but the \_\_\_\_\_ underneath the words. Also watch her \_\_\_\_\_.

Ask yourself, What is she really trying to communicate?

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*\*Remember the Crayon Analogy!*

8) " \_\_\_\_\_ " - As your daughter shares her feelings occasionally check in to make sure you are understanding what she is saying.

**"Okay if I hear what you are saying, you are feeling \_\_\_\_\_ with algebra but you are \_\_\_\_\_ about asking for help because you are \_\_\_\_\_ she will get mad at you. Is that correct?"**

Doing this will show your daughter that you were \_\_\_\_\_ to her and that you now \_\_\_\_\_ her dilemma.

### **3 Most Important Things Your Daughter Needs From You:**

1)

2)

3)

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9) \_\_\_\_\_ – \***“What do you think you should do about it?”**

If she says she doesn't know then encourage her to think about it and listen to what her intuition and her heart is telling her. It is okay to sit in silence. This is a moment of growing for your daughter. In time this process will help her become more \_\_\_\_\_ in herself!

If she has no ideas you can say, “What do you think of this idea?” If she doesn't like it again say, “What do you think you should do?”

*Have her make a list of ideas. Then write out the positives and negatives of each idea. This can help her decide what choice to make in dealing with the situation.*

If you continue to feel her resistance then get curious. Patiently encourage her to share what is holding her back. Discover:

**What is she afraid of?**

Reassure her that she get through this challenge. When she does she will feel:

**Empowered and Self-confident**

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10)“ \_\_\_\_\_ ” – Sometimes you have to say “ \_\_\_\_”. At her age you now need to explain why. Your teen needs to start understanding your \_\_\_\_\_ and \_\_\_\_\_.

”Because I said so doesn’t work any more.”

Your explanation needs to make logical sense so that even if she doesn’t like hearing it today, she will *eventually* see that your reasoning was thought out and not just a chance to be a disagreeable parent. But don’t plan on her understanding any time soon.

These are your Create The Neutral Zone for you and your daughter to communicate more openly in love.

Be patient and give yourself time to weave these steps into your daily interactions with your daughter.

## Breath Relax & Keep Calm

The logo consists of three large, bold letters: 'T' in yellow, 'N' in red, and 'Z' in pink. Each letter has a black outline and a slight drop shadow effect.

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### Journal

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Journal your journey here as you try out your new skills. Write about the good moments and bad moments and reflect on how you can make adjustments to better connect with your daughter.

Date: \_\_/\_\_/\_\_



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## Session #2 Journal

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Date: \_\_/\_\_/\_\_

Date: \_\_/\_\_/\_\_



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Date: \_\_/\_\_/\_\_

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Additional Notes:

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### Journal

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Additional Notes:

# The NEUTRAL Z♥ne

The Neutral Zone is a program of Mom Keep Calm

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