



BLOSSOMS KORNER

# HOW TO LISTEN WITHOUT – INTERRUPTING

BUILD BETTER CONVERSATIONS WITHOUT  
SAYING A WORD.  
A GUIDE FOR TEENS



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# INTRODUCTION

Have you ever been in a conversation where the other person kept talking, and talking, and... talking?

And just when you finally had something good to say...

BOOM. They cut you off.

Now you're sitting there, frustrated, eyes rolling, thinking –


“Why should I even bother?”

But be honest – have you ever done the same to someone else?

If you nodded yes, you're not alone.

And guess what? You can change that starting today





I want you to picture this:  
Jaden, a 13-year-old, is in the middle of a heated argument with his mum about screen time.

She says,  
“You’ve already had 2 hours. Time to take a break.”

Before she even finishes, Jaden jumps in:  
“But I finished all my homework! You never let me—”

Mum sighs, walks away, and the conversation ends in frustration. Again.

Now let’s rewind the tape.

What if, instead, Jaden listened all the way to the end... took a breath... and then calmly shared his side?

That small pause could change everything.

### **[Why listening matters]**

Here’s the truth:

Listening is one of the most powerful ways to show someone you care.

It helps you understand them better.

It builds trust.

And—it actually makes your voice more powerful too.

Why? Because when you truly listen, people are more likely to listen back.

# WHAT'S INSIDE THE PRINTABLE GUIDE

Your printable guide is designed to give you real-life, easy-to-use tools that'll help you listen better—not just with your ears, but with your heart.

Teens often feel they have the answer to everything (don't we know it?), and that can make it tough to have a conversation without feeling like you're speaking to a brick wall or, worse, being ignored. But here's the thing: they're not doing it on purpose. Often, it's a matter of developing the skills for active listening. That's why we need to teach them the how—not just the why.

## **[The Solution]**

This printable guide is packed with tools designed to help your teen practice active listening. It includes:

- **Listening Techniques:** How to pause and truly hear someone's words before reacting.
- **Body Language Tips:** The importance of maintaining eye contact and using gestures that show you're engaged.
- **Empathy Prompts:** Questions and phrases that encourage reflecting on what the other person is feeling and thinking.

By implementing these techniques, your teen can begin to create deeper, more meaningful connections with you—and with others!

# HERE'S WHAT'S INSIDE:

## ✓ 1. What Interrupting Looks Like (And What It Feels Like)

You'll start by identifying how interrupting shows up:

- Jumping in mid-sentence
- Finishing people's thoughts
- Thinking of what to say next instead of really listening

🧠 Reflection prompt: When do I interrupt most? (Hint: It's usually when we're emotional.)

## ✓ 2. The Listening Ladder – 6 Steps to Becoming a Better Listener

**LADDER** stands for:

**L- Look at the speaker**

**A- Ask open-ended questions**

**D- Don't interrupt**

**D- Don't judge**

**E- Empathise**

**R- Reflect what you heard**

Example:

Your friend says,

"I felt left out when you didn't invite me."

Instead of interrupting to defend yourself, try this:

"So, you're saying you felt hurt because you wanted to be included. I get that. I'm sorry."

That's listening with empathy. 🙌

# HERE'S WHAT'S INSIDE:

## ✓ 3. Active Listening Prompts

Practice using these instead of cutting in:

- “Tell me more about that.”
- “Wait—let me make sure I got you.”
- “That sounds frustrating. What happened next?”
- “So, you’re saying...”
- “How did that make you feel?”

These prompts show you’re tuned in. They also give you a moment to pause before responding.

## ✓ 4. Listening Challenges: Practice with Real-Life Scenarios

Try these fun, practical activities:

- **The Silent Challenge:** Spend 2 minutes in conversation without saying a word. Just nod, smile, and maintain eye contact.
- **The Mirror Challenge:** After someone talks, reflect back what they said in your own words.

These games can be done with parents, siblings, or even your best friend. You’ll be surprised how powerful quiet moments can be.



# HERE'S WHAT'S INSIDE:

## ✓ 5. Listening Affirmations

Daily reminders to train your brain:

- **"Every voice, including mine, deserves respect."**

→ Reinforces equality in dialogue.

- "I create space for others by being present."

→ Encourages intentional, respectful listening.

- "I'm here for you, and I'm listening."

→ Builds trust and safety.

- "What you're saying matters to me."

→ Validates their voice and experience.

- "I appreciate you sharing this with me."

→ Shows gratitude for their openness.

- "It's okay to feel that way—your feelings are valid."

→ Normalises and affirms emotional expression.

- "Take your time, I'm not in a rush."

→ Signals patience and full attention.

Print them. Stick them on your wall. Say them daily.

## WHY THIS GUIDE WORKS (ESPECIALLY FOR TEENS)

Because we get it.

Teens want to be heard. They want respect.

But here's the magic trick:

The more you listen, the more seriously people take you.

Whether it's your **parents, your teacher, your coach—or your friends**—being a good listener makes you a better communicator, problem-solver, and even leader.

## FINAL WORDS

So here's the deal—

You don't have to be perfect.

You just have to try.

Listening is a skill. One that gets better with practice.

One pause at a time. One moment at a time.

One "I'm listening" at a time.

And the next time someone says,

"Thanks for hearing me out."

You'll know you've grown.



## BONUS: CONVERSATION STARTERS FOR TOUGH TALKS

Also included in the guide:

How to ask for space to talk without sounding rude

How to calm yourself when you're tempted to interrupt

Scripts to start hard conversations the right way

Example:

"Can I share something with you? I'd love if I could say it all before you respond."

### CONVERSATION STARTERS FOR KIDS OF ALL AGES

Sometimes, getting kids to open up can be tricky. The key is to ask engaging, open-ended questions that spark curiosity and connection. Try these conversation starters based on your child's age!

#### ★ AGES 6-9: ENCOURAGING IMAGINATION & FEELINGS

- 1 If you could have any superpower for a day, what would it be? 🦸
- 2 What's the silliest thing that happened at school today? 😄
- 3 If your stuffed animals or toys could talk, what would they say? 🗣️
- 4 What's one thing that made you happy today? 😊
- 5 If you could build your dream treehouse, what would it look like? 🌳🏠

#### ★ AGES 10-12: ENCOURAGING DEEPER THINKING

- 1 If you could switch places with a cartoon or book character for a day, who would it be? 📖
- 2 What's something you're really proud of? 🏆
- 3 If you could design a new holiday, what would we celebrate? 🎉
- 4 What's the best joke you've heard lately? 😄
- 5 If you could invent a new school subject, what would it be? 📚

#### ★ AGES 13-18: ENCOURAGING OPEN DIALOGUE & TRUST

- 1 What's one song that perfectly describes your mood today? 🎵
- 2 What's one thing you wish parents understood about teenagers? 🗣️
- 3 If you could time-travel to any era, where would you go and why? 🕒
- 4 What's a small moment from this week that made you feel good? 😊
- 5 If you could have dinner with any celebrity or historical figure, who would it be? 🍽️

💡 **Pro Tip: The best way to keep the conversation flowing is to listen more than you talk! Let your child share freely without jumping in too quickly.**

❤️ Which of these conversation starters would your child enjoy? Try one today and let me know how it goes! 😊

## ABOUT THE AUTHOR

Chichi Dagogo-Wariso is a passionate Young People's Coach and the founder of Blossoms Korner.

She helps children and teens communicate with confidence and feel heard in a noisy world.

With years of experience supporting families and young people, her approach blends empathy, creativity, and real-life tools.

As a mother and mentor, she understands the power of listening and meaningful connection.

This guide is part of her mission to help young voices grow strong and feel valued.

