

MIRAVA BOOKS

Conversations That Bring Us Closer

Family communication without interrogation, shouting, or
silence

English edition

Free excerpt

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English edition · Revised edition · October 2026

This guide is for parents, teenagers and other trusted adults who want to discuss family life respectfully. Read one chapter at a time and try its exercise in an ordinary situation. The examples are fictional; the text was prepared with the help of artificial intelligence. It is a practical resource, not a psychological assessment. The advice assumes safe relationships. Where there are threats, violence or abuse, safety and help from a trusted adult or an appropriate service take priority over a joint discussion.

MIRAVA · Text and translation prepared with AI assistance.

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Connection before advice

A teenager brings home a low mark. A parent has already planned extra study sessions, but the teenager first wants to explain how they became confused at the board. Moving straight to a solution can leave that part of the story unheard. Start by being available: put your phone away, offer a comfortable place and ask whether they are ready to talk. Do not demand eye contact; some people talk more easily while walking or doing a quiet activity.

One open question allows more room than a ready-made explanation: “What was the hardest part?” Listen to the whole answer and check your understanding: “You knew the topic but did not finish the task in time, is that right?” Reflecting what you hear does not mean agreeing with everything. You can acknowledge disappointment while still expecting schoolwork to be completed. Avoid comparisons with a sibling, a neighbour or yourself at the same age.

Before offering advice, ask what is wanted: “Would you like me to listen, help you understand it or suggest options?” If listening is the answer, leave problem-solving for another conversation. If help is requested, offer two manageable actions: work through one example together or prepare a question for the teacher. For a younger child, the adult arranges necessary help and explains it simply, without blame or threats.

Practice: recall a conversation in which you rushed to give advice. Write an open question, a sentence to check your understanding and an offer of help. Next time, use that sequence without a long lecture. Afterwards, note whether you learned something new about the situation. Success may be an honest “I do not want to talk right now” and an agreement to return later, rather than immediate disclosure.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.