

#TEEN

### 3 Stoic Conversations to Have With Your Teenager

Without it becoming a lecture

Three complete conversation frameworks for your teenager – on social pressure, academic stress, and identity – that open dialogue instead of shutting it down.

#### Conversation 1 · Social pressure: fitting in vs. standing out

**Opening question:** 'Do you ever feel like you have to act differently around certain people?'

**The stoic frame:** 'Other people can pressure what's around you. Nobody can control what's inside you unless you let them.'

**If they shut down:** Don't push. Say: 'You don't have to answer. I just want you to know you can.' Then leave it.

**Listen for:** Who they're trying to impress and what it's costing them. Don't comment on the 'who' – reflect on the cost.

#### Conversation 2 · Academic stress: separating effort from results

**Opening question:** 'What part of school feels hardest right now – the work itself or what people think about how you do?'

**The stoic frame:** 'The grade is not in your control. The effort is. Those are two different things.'

**If they shut down:** Share something you failed at. Not to teach – just to be human. That opens more than advice.

**Listen for:** Whether their stress is about learning or about being seen. The solution is different for each.

#### Conversation 3 · Identity: who you really are vs. who others think you are

**Opening question:** 'Is there something you like or care about that you don't share much with people at school?'

**The stoic frame:** 'The version of you that other people see is always incomplete. Only you have access to the full picture.'

**If they shut down:** Name something specific you see in them that isn't obvious: 'I notice you always notice when someone's left out.'

**Listen for:** The gap between who they perform and who they feel they actually are. That gap is where identity grows – or shrinks.

**One rule for all three conversations:** Finish with a question, not a conclusion. The best outcome is a teenager who keeps thinking – not one who walks away with your answer.



¿QUIERES PROFUNDIZAR?

Este recurso es solo una muestra de las herramientas del libro *El Pequeño Estoico*. Cuentos y actividades que enseñan a los niños a ser fuertes, tranquilos y sabios. Filosofía estoica, inteligencia emocional y crianza consciente para niños de 5 a 12 años – todo en historias bellamente ilustradas.

[Comprar en Amazon →](#)