



# *CONVERSATION STARTER*

HOW TO GET YOUR TEEN'S BUY-IN TO TRY **GLOW**



# *Why This Guide?*

If your daughter struggles with anxiety, you know how hard it can be to see her **worry, avoid situations, or doubt herself**. You want to help, but maybe she's reluctant to talk about it or resistant to trying something new.

This guide is designed to help you have a **supportive, non-pressuring** conversation that makes her feel **understood and encourages her to try GLOW** without feeling forced.





## UNDERSTANDING YOUR DAUGHTER'S PERSPECTIVE

Before starting the conversation, recognize how she might be feeling:

- **Anxiety feels personal.** She may not want to admit she's struggling.
- **She might be afraid of judgment.** "Will I be the only one who feels this way?"
- **She may believe nothing will help.** "I've tried things before, what if this doesn't work?"
- **She may resist because of fear of change.** Even positive change can feel overwhelming.

By understanding her point of view, you can approach the conversation with **compassion instead of pressure.**



## HOW TO START THE CONVERSATION

Timing and tone matter. Choose a **calm, non-stressful moment** when you can talk privately.

- **AVOID:** Bringing it up when she's already anxious, overwhelmed, or distracted.
- **DO:** Bring it up during a relaxed moment (car rides, walks, before bed).

Start with **curiosity and empathy**.

### Example Opening Lines:

- “Hey, I’ve noticed you’ve been feeling more anxious lately. That must be really tough. I found something that could help, and I’d love to hear your thoughts.”
- “You’re not alone in feeling this way. A lot of girls struggle with anxiety, and I found a program that’s specifically designed to help with this. Want to hear about it?”

**Tip:** If your daughter dislikes direct conversations, try sending a text message instead of talking face-to-face.



## OVERCOMING RESISTANCE & ADDRESSING CONCERNS

It's normal for teens to hesitate. Rather than pushing, acknowledge her concerns and offer reassurance.

### Common Objections & How to Respond:

✗ "I don't want to talk about my anxiety with strangers."

✓ "I get that. This program isn't about making you talk if you don't want to. You'll learn simple skills to handle anxiety in a way that works for you."

✗ "I don't have time for this."

✓ "I hear you. The program is designed to be flexible, and you can go at your own pace. Plus, the skills you'll learn will actually help you feel less stressed about your schedule."

✗ "I don't think this will help."

✓ "I know trying something new can feel uncertain, but the techniques in this program are proven to work. What if we just check it out together and see what you think?"

✗ "I'll figure it out on my own."

✓ "I love that you want to work through this yourself. This program is actually about helping you do that—so you have tools that make things easier."



## HELPING YOUR DAUGHTER FEEL EMPOWERED

Let your daughter feel like she has a choice by involving her in the decision-making process.

### **Give her some control:**

- “Would you rather start with just watching a Introduction video?”
- “Would you like to check out the website together first?”

### **Present it as a low-pressure opportunity:**

- “You don’t have to commit forever. Why don’t we just try one month and see how you feel?”



## WHAT TO SAY IF SHE'S UNSURE

If your daughter is still hesitant, **leave the door open for future conversations** instead of forcing a decision now.

- “I won’t make you do anything you don’t want to do, but I hope you’ll think about it. If you ever want to talk about it again, I’m here.”
- “Would it help if we read the Frequently Asked Questions section?”
- “I trust you to decide what’s best for you, and I’ll support you either way.”

**Tip:** If she’s still unsure, invite her to **watch a short preview** to see what it’s like.

## **BONUS: PARENT SCRIPTS**

### **For a teen who avoids talking about her anxiety:**

"I know you don't like talking about this, and that's okay. You don't have to share everything with me, but I want you to know that there's a program that could help you feel better. If you ever want to check it out, I'm happy to support you."

### **For a teen who thinks she can handle it alone:**

"I love that you want to figure things out for yourself. This program is actually designed to help you become more independent with your anxiety. It's not about relying on others—it's about learning skills to make things easier on your own. Plus, I'll be learning how to support you better."

### **For a teen who refuses completely:**

"I hear you. You don't have to do anything you're not ready for. But if you ever feel like your anxiety is getting in the way of things you want to do, this program will be here for you."



# NEXT STEPS

**IF YOUR DAUGHTER IS OPEN TO TRYING THE PROGRAM,  
CELEBRATE HER SMALL WIN!**

Next, walk her through the enrollment process together:

- ✓ SHOW HER THE WEBSITE AND PROGRAM DETAILS, ESPECIALLY THE FAQ SECTION.
- ✓ ALLOW HER TO PREVIEW THE SAMPLE LESSONS
- ✓ LET HER EXPLORE ON HER OWN BEFORE DECIDING.
- ✓ SET A FUN FIRST-DAY GOAL (I.E., REWARD WITH A FAVORITE TREAT AFTER THE FIRST SESSION).





## FINAL WORD FOR PARENTS

Helping your daughter agree to participate in an anxiety program isn't about convincing her—it's about **guiding her to see the value in learning new skills for herself**. Stay patient, keep the conversation open, and trust that when she's ready, she'll take the step.

**Remember:** Even if she resists now, the seeds you plant today may help her say yes when the time is right.

**Download this guide for future reference!**



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