THE DOOR SLAM

When your no gets answered with a slammed door.

FREE SCRIPT 1 OF 2 • DOOR 2: HOLDING THE LINE

THE MOMENT

You said no. The door just slammed hard enough to rattle the frame — and every instinct you have wants to follow, raise your voice, and re-litigate the whole thing in the doorway.

SAY THIS:

“I heard that. The answer is still no, and I love you. When you're ready to talk without slamming, I'm here.”

WHEN THEY PUSH BACK — “YOU NEVER LET ME DO ANYTHING!”

“It feels that way right now. This one is a no because [your one honest reason, in one sentence]. I'm not going to keep re-deciding it — the answer stays.”

THE FOLLOW-THROUGH

Later, when it's calm, separate the slam from the no: “We can disagree in this house. Doors don't get slammed. Next time it costs [the consequence you agreed on].” Don't renegotiate the no during the repair — repairing the relationship and reversing the decision are two different things.

From the Parent Hub — free scripts, printables, and straight talk for parents.

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The system behind the scripts: Chore Report — the app that holds the line with you.

“EVERYONE ELSE'S PARENTS LET THEM”

The comparison bomb — usually dropped at the worst moment.

FREE SCRIPT 2 OF 2 • DOOR 2: HOLDING THE LINE

THE MOMENT

It rarely arrives at the kitchen table on a quiet Tuesday. It lands in public, in front of other parents, or right when you're too tired to think — because that's when it's most likely to work.

SAY THIS:

“Maybe they do. In this house we decide by what works for our family — and my answer on this one is no.”

WHEN THEY PUSH BACK — “SO YOU DON'T TRUST ME?”

“This isn't about trust. It's about [safety / timing / money — name the true one]. When that changes, we can revisit it.”

THE FOLLOW-THROUGH

Never cave to the comparison itself. If the request actually has merit, revisit it later on your own timing — “I've been thinking about what you asked.” That teaches them the way to win is a good argument, not pressure — and it keeps your no worth something.

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