


Parent  
Conversation Starters  
**FOR TEENS WITH  
MISOPHONIA**

A watercolor-style background with soft, blended colors of light blue, teal, and purple, creating a textured, artistic effect.

Starting a conversation with your teen with Misophonia can be an awkward situation, but it doesn't have to be! Start with these helpful questions to prompt a conversation with your child.

## A few tips!

1- Don't take it personally if your teen tells you that you make their most impactful trigger noises. Oftentimes, this is the case for teens. The key as a parent is to not take it personally, and to do your best to adapt and not make that sound around them.

2- It can be hard for a Misophone to be open and vulnerable about their experience. Do your best to create a safe space for this conversation, where your Misophone can feel supported and loved, and not judged. In the end, they can't control their disorder, but you as a parent can control how you support your teen!

3- Communication is key. Listen to your teen, and ask them questions! They will appreciate that you are taking steps to support them!



# QUESTIONS



## Question 1

" What /how do you feel when your Misophonia is activated /triggered? "

By asking them how they feel when they are triggered, you are opening up the door for them to share their experiences. By listening to their answer, you are showing them that you care, and want to hear their side of the story.

## Question 2

What are your most impactful/major triggers?

By asking them about their triggers, you can get a sense for what you may need to work on. Whether it's eating sounds, or clicking pens, you can see where they are in terms of types of triggers. Keep in mind, triggers evolve and change, so what they answer today may not be what they answer a year from now.

## Question 3

What can I do as a parent to best support you?

This opens the door for open communication between you and your teen. Sometimes what you have in mind to help them, isn't what they need. By asking them, you can ensure that you are helping them by doing things they actually need.

## Question 4

Would you like to set up a 504 accommodation plan at school?

504 plans take some work to set up, and require parent help to create. Visit [soquiet.org/school](https://soquiet.org/school) for more information on creating a 504 plan for your student. You may want to share with your teen what a 504 plan is if they don't know already. You can also share with them some examples of various accommodations and see what they would like!

## Question 5

What kind of accommodations would you like at school?

Relating to the previous question, see what your teen may need or want at school! Each person's experience with Misophonia is different, so see what resonates with them, and help advocate for them to get the accommodations they need at school. It might take a little trial and error to see if the ideas that are presented actually are helpful in real world situations. So you may need to be prepared to adapt a bit.

## Question 6

What kind of accommodations would you like at home?

Whether it's eating dinner in different rooms, or needing headphones in the car, check with your teen to see what they need from you, and what you can support them with!

Take some time to set some standing rules for home, which look different for every family, so have a conversation about what that needs to look like for your family!

Your teen will really appreciate you taking the time to understand their disorder and needs, and having intentional conversations with them shows that you care about them and want to support them no matter what.