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Coffee, Wit, and Generations - Intergenerational Communication and Storytelling in Gilmore Girls

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Abstract

The television series *Gilmore Girls* (2000–2007, 2016) offers a unique lens for exploring how intergenerational communication is shaped through storytelling, humor, and everyday dialogue. Set in the charming town of Stars Hollow, the show portrays three generations of Gilmore women who navigate love, ambition, and identity through fast-paced conversations and emotional storytelling. This paper examines how the series uses communication as a bridge between generations, blending irony and warmth to portray both conflict and connection. Drawing on communication and narrative theories, the study highlights how dialogue and shared stories serve as tools of understanding between mothers and daughters. It also reflects on how *Gilmore Girls* represents the changing patterns of female communication and independence in the 21st century. Ultimately, the paper argues that the series transforms ordinary conversation into a model of empathy, emotional intelligence, and intergenerational storytelling — reminding viewers that every cup of coffee comes with a story worth sharing.

Keywords: Communication; Culture; Family; Storytelling; Television