




let's talk about it.

CONVERSATION STARTERS FOR TEENS & PARENTS

1. What is something you've always wanted to know about me?
2. What is your favorite childhood memory and why?
3. What is your biggest dream or aspiration for the future?
4. What is something that makes you feel proud of me/yourself?
5. How do you handle stress or difficult situations?
6. What are some hobbies or interests we have in common?
7. What is your favorite book/movie/TV show, and why?
8. Can you share a funny or embarrassing story from your past?
9. What is your favorite family tradition and why?
10. What is something you admire about me/each other?
11. How do you define success, and what are your goals in life?
12. What is something you've learned from me/each other that has made an impact on your life?
13. How do you think our relationship has evolved over the years, and how do you envision it?
14. Is there something you've always wanted to do together as a family?
15. What is your favorite way to spend quality time together?
16. Can you recall a time when you felt misunderstood or not heard?
17. How can we improve communication between us?
18. What are some things that we could do to support each other more?
19. How do you handle disagreements or conflicts, and is there a better way we can resolve them?
20. What are your thoughts on independence and freedom?
21. Is there anything you'd like to change or improve about our relationship, and how can we work on it together?

 jena@littleseedcounseling.com

 336-405-8583

 515 College Road, Suite 7
Greensboro, NC 27410

