



# REFLECTING ON MY TEEN'S BEHAVIOR



## Understanding Your Teen's Behavior



This worksheet helps you reflect on what's going on with your teen and spot any signs of stress, emotional challenges, or substance use. Take your time with these questions and answer honestly to figure out how to better support them.

### Noticing Changes in Your Teen's Behavior

Think about what's been different lately. Check anything that applies:

- ☐ Mood shifts (like being more irritable, sad, or anxious)
- ☐ Pulling away from family or friends
- ☐ Changes in sleep (too much or too little)
- ☐ Losing interest in hobbies or activities they used to love
- ☐ Trouble with school (lower grades or skipping class)
- ☐ Hanging out with new friends you don't know well
- ☐ Other:  
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### Spotting Possible Stressors

What might be behind these changes? Check any that apply, or add your own:

- ☐ School pressure or struggles
- ☐ Friend drama or bullying
- ☐ Family issues (like a move, separation, or financial problems)
- ☐ Low self-esteem or confidence issues
- ☐ Mental health challenges (anxiety, depression)
- ☐ Other:  
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### Checking In on Communication



How would you describe your conversations with your teen? Pick the one that feels right:

- ☐ We talk openly and often
- ☐ We talk sometimes, but it's not always easy
- ☐ We rarely have open conversations
  - ☐ I'm not sure

### Highlighting Your Teen's Strengths



What are some of your teen's best qualities? Focusing on these can help you build them up.

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- \_\_\_\_\_

### Finding Areas for Support



Where do you think your teen could use a little extra help? (Examples: handling stress, making friends, building coping skills.)

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