



COMMUNICATING WITH YOUR TEEN



Reflect on Recent Conversations



Improving communication with your teen can make a huge difference in your relationship. This worksheet will help you reflect on recent conversations and explore new ways to create a supportive, open dialogue.

Reflect on Recent Conversations

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Think about a conversation you had
with your teen about their behavior
or a challenge they were facing.

- **Main topic of the conversation:**

- **How you felt during the
conversation:**

- **How your teen responded:**

• _____

Check Your Listening Habits

Listening is key to building trust.
**How often do you do the
following when talking to your
teen?**

- **Listen without interrupting:**
☐ Often ☐ Sometimes ☐ Rarely

- **Avoid offering advice right
away:**
☐ Often ☐ Sometimes ☐ Rarely

- **Acknowledge their feelings:**
☐ Often ☐ Sometimes ☐ Rarely

- **Show empathy**
☐ Often ☐ Sometimes ☐ Rarely

Setting Communication Goals



What are some goals you can set to improve how you communicate with your teen?

- Goal #1: _____
- Goal #2: _____

Trying New Phrases



Consider using some of these phrases to encourage open communication:

- ☐ “I’m here to listen whenever you’re ready to talk.”
- ☐ “I may not understand everything you’re going through, but I’m here for you.”
- ☐ “Let’s work together to figure out what you need.”
- ☐ “It sounds like that situation made you feel ____.”
- ☐ “How can I support you with this?”

Making Time for Bonding



Spending quality time together can strengthen your connection. Think of a few activities you can do with your teen:

- Activity #1: _____
- Activity #2: _____



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