

## **Journal Prompts- Parenting Teens**

### **Understanding & Communication**

1. How has my relationship with my teen changed over the years? What do I miss from when they were younger, and what do I appreciate about them now?
2. How do I communicate with my teen when we disagree? What strategies could I use to improve communication during those times?
3. What are the best ways I can listen to my teen without judgment or interruption?
4. How do I balance respecting my teen's autonomy while also setting necessary boundaries?
5. How do I encourage my teen to open up about their thoughts and feelings?

### **Emotional Support & Connection**

6. What are the signs that my teen is struggling emotionally, and how can I offer support without pushing too hard?
7. How do I show my teen that I love and care for them, even when we're not seeing eye to eye?
8. What are the most important values I want to instill in my teen, and how do I model those values through my actions?
9. What are some ways I can strengthen my emotional connection with my teen, even if we are busy or caught up in daily stress?
10. How do I support my teen when they experience failure or disappointment? What can I do to help them process those feelings?

### **Independence & Boundaries**

11. How do I support my teen in developing their independence while still ensuring their safety and well-being?
12. What boundaries do I need to set to protect my family's well-being, and how do I communicate these boundaries clearly to my teen?
13. How do I manage my own fears and anxieties about my teen's growing independence?
14. How do I balance offering guidance and letting my teen make their own decisions?
15. What are some effective ways to allow my teen to make mistakes while still being there to help them learn from those experiences?

### **Discipline & Responsibility**

16. How do I handle discipline with my teen in a way that is both firm and compassionate?
17. How do I approach discussions about responsibility and consequences when my teen makes poor decisions?
18. How do I ensure my teen takes responsibility for their actions while maintaining a supportive, non-punitive environment?

19. How do I encourage my teen to develop good habits regarding time management, schoolwork, and other responsibilities?
20. What are the most important life skills I want my teen to learn before they leave home, and how can I actively teach or model these skills?

### **Identity & Self-Esteem**

21. How can I support my teen in developing a positive sense of self-worth and confidence, especially during challenging times?
22. How do I encourage my teen to be authentic to themselves while navigating peer pressure and societal expectations?
23. What are some ways I can help my teen build resilience and cope with criticism or challenges to their identity?
24. How can I help my teen understand and embrace their individuality while fostering a sense of belonging within our family?
25. How do I maintain a strong relationship with my teen during their journey toward adulthood, even as they pull away for greater independence?