



PARENT-TEEN RELATIONSHIP WORKSHEET

Every parent has the desire to enjoy a harmonious connection with their children. When it comes to teenage kids, this desire can become a distant dream.

In order to create healthy closeness and a good relationship with your teen, you will first need to explore and discover what the term “good relationship” means to you and what you can do to create it. Flourish parents utilise the following tool to reflect on their current relationship with their teens. Reflection allows us to pinpoint the aspects of the relationship that are going well, while also highlighting areas that need a little extra time, patience, love and attention.

These questions are carefully designed to help you in achieving that discovery:



How do you feel when you're around your teenage child?

How do you act around your teen compared to how you act around other children, family members, or other people?



What do you like about the current quality of the connection with your teenager?

What do you dislike about this connection?



What kind of support do you think your teen needs from you the most at this moment?

What healthy limits and boundaries can you implement to strengthen your connection with your teen?

