

Directions:

Separate the cards on the perforations; Gather your teen(s); go around in a circle answering one card at a time. Really listen!

  @SPEAKUPORG

STARTING CARD

What is one word that describes how you're feeling right now?

  @SPEAKUPORG

Which of your relationships deepened this year?
Which ones dissolved?

  @SPEAKUPORG

What is one TV show or movie that reminds you of our family?

  @SPEAKUPORG

What is one thing you wish I understood better?

  @SPEAKUPORG

What is your favorite memory with me?

  @SPEAKUPORG

What is one thing I do that causes you stress?

  @SPEAKUPORG

What affirmation do you think I need to hear right now?

  @SPEAKUPORG

What is one thing I do that is helpful when you're stressed?

  @SPEAKUPORG

What are my top 3 strengths?

  @SPEAKUPORG

What have you learned about yourself in the past year?

  @SPEAKUPORG

What is one coping strategy you would like to keep practicing?
What is one you want to leave behind?

  @SPEAKUPORG

ENDING CARD

Which of your failures were the best teaching moment?

  @SPEAKUPORG

What is one silver lining from this past year?

  @SPEAKUPORG

What is one word that describes how you're feeling right now?

  @SPEAKUPORG