

# How do you see yourself and your teen?



As a parent, my goals are to \_\_\_\_\_

\_\_\_\_\_

As a parent, I worry about \_\_\_\_\_

\_\_\_\_\_

My strengths as parent are \_\_\_\_\_

\_\_\_\_\_

My teen's strengths are \_\_\_\_\_

\_\_\_\_\_

As a parent, I wish I were better at \_\_\_\_\_

\_\_\_\_\_

I wish my teen were better at \_\_\_\_\_

\_\_\_\_\_

My teen and I can talk easily about \_\_\_\_\_

\_\_\_\_\_

It is hard for us to talk about \_\_\_\_\_

\_\_\_\_\_