

Practicing Open-Ended Questions with Your Teenager

Step 1: Identify a topic of conversation

Think of a topic that you would like to discuss with your teenager. Write it down in the space below.

Topic:

Step 2: Brainstorm open-ended questions

Brainstorm at least five open-ended questions related to the topic you chose in step 1.

Write them down in the spaces below:

1.

2.

3.

4.

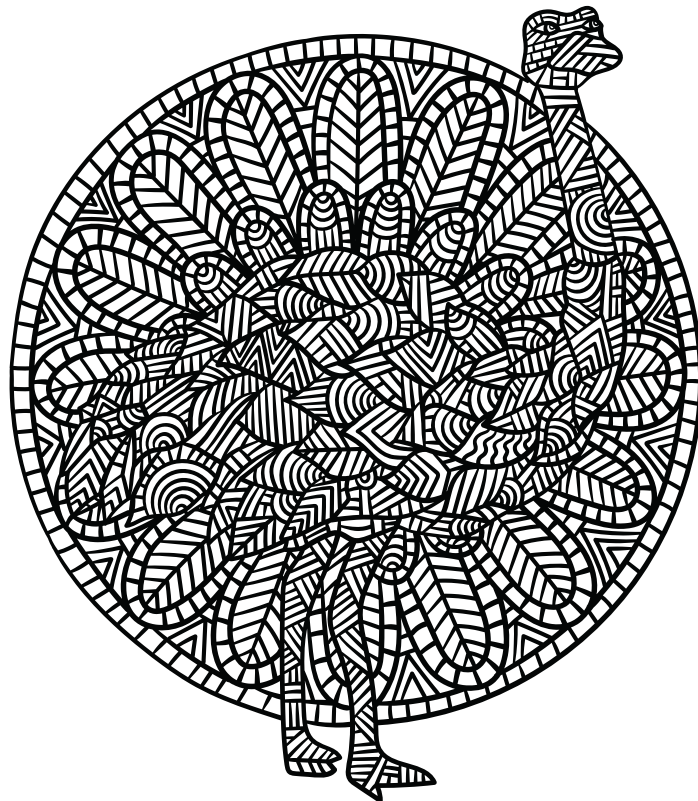
5.

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Choose one of the questions from step 2 and practice using it during a conversation with your teenager about the chosen topic. Remember to listen actively and encourage your teenager to share their thoughts and feelings openly.

Example:

- Topic: Their plans for after graduation
- Open-ended question: What are some things you're considering for your future after graduating high school?



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After practicing asking open-ended questions, take some time to reflect on how it felt for both you and your teenager. Ask yourself these questions:

- Did using open-ended questions help me understand my teenager better?
- Did my teenager seem more receptive to what I was saying?
- How can I continue using open-ended questions in future conversations?

Remember that effective communication takes practice, so don't be discouraged if it doesn't work perfectly the first time around!

This worksheet is designed as a starting point for exploring how to use open-ended questions effectively in conversations with your teenager. By practicing this technique, you can improve communication, build trust, and strengthen your relationship with your teen.

