

Parent-Teen Relationship Questionnaire

This questionnaire assesses how you and your parents get along. I ask some pretty direct questions. I hope this leads to an open and honest conversation. To make sure that things go smoothly and you both feel respected and heard, I've come up with some ground rules. Please review and agree to follow them before you begin.

1. I will speak respectfully and kindly and not say things that will hurt my parent/son's feelings.
2. I will listen to and respect my parent/son's answers and only ask questions to better understand how they feel. I won't argue about their answers.
3. As long as the answers are honest and respectful, I won't take them personally.
4. If any of the discussion leads to a fight, throw the questionnaires in the garbage, never look at them again, and continue on with the workbook.
5. If there is a question you prefer not to answer, just say why, and skip it.

There are two questionnaires, one for the teen to complete and one for either or both parents/caregivers to complete. First write answers to the questions for yourself, then after you're both done, share and discuss your answers with each other.

QUESTIONS FROM YOUR SON (FOR PARENT/S TO ANSWER)

1. Did you get in trouble as a teen? What is the worst thing you did?

2. Is there anything I am doing that disappoints you?

3. Is there anything I am doing that you are proud of?

4. Did you ever get peer pressured as a teenager?

5. What five adjectives would you use to describe me?

6. What five adjectives do you think I would use to describe you?

7. Do you trust me? If no, why not? If yes, why?

8. How did you get along with your parents when you were my age?

9. What is one thing you wish I would be more open to or about?

10. Is there anything about me that you worry about?

11. What was the hardest thing you ever did?

12. What is the hardest thing about raising me?

13. What is the easiest thing about raising me?

14. What is your fondest memory of me as a child?

15. Did I ever do anything that, without realizing it, hurt your feelings?

16. If you could eat one food for the rest of your life what would it be?

17. What one food would you guess I would eat for the rest of my life?

18. Do you know how much I love you?

QUESTIONS FROM PARENT/S (FOR TEENS TO ANSWER)

1. Am I available when you want to talk, and do I give you my undivided attention?

2. When we do talk, what do you want from me? Advice? To share a similar situation that I may have experienced? Just to listen? To be understood?

3. What is your favorite thing that I do as a parent?

4. What is your least favorite thing that I do as a parent?

5. As a family, do you think we fight too much?

6. Do you think I and your mom/dad fight too much with each other?

7. What is the one thing I do that really annoys you?

8. What s the most embarrassing thing that I do?

9. What five adjectives would you use to describe me?

10. What five adjectives do you think I would use to describe you?

11. What do you wish I would do differently as a parent?

12. Did I ever do anything that hurt your feelings, without realizing it?

13. Do I push you too hard, just hard enough, or not hard enough?

14. What is something you think kids understand but adults don't get?

15. Are we too strict, or do we give you enough freedom?

16. Do we give you enough privacy?

17. What is something that is much more difficult for you than I and your dad/mom realize?

18. What is the hardest thing about being in this family?

19. Is there anything you would like to tell us or know about you that you have been afraid to bring up?

21. If you could eat one food for the rest of your life, what would it be?

22. What one food would you guess I would eat for the rest of my life?

23. Do you know how much I love you?
