

# RELATIONSHIP CHECK UP FOR PARENTS OF PRETEENS & TEENS (AGES 9 - UP)

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*The Relationship Checkup* is a series of questions for parents & children designed to initiate and encourage dialogue about each other's lives & their relationship.

## INSTRUCTIONS

1. Read the questions together, split up, find a quiet place and each write or think through your responses on your own.
2. After 10-15 minutes come back together. PARENT shares their answer to Question #1 then TEEN shares their answer to Question #1.
3. Continue alternating responses to each question in order.



# QUESTIONS FOR PARENTS & PRETEENS/TEENS

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- ONE POSITIVE QUALITY THAT I BRING TO OUR RELATIONSHIP IS:
- ONE POSITIVE QUALITY THAT YOU BRING TO THE RELATIONSHIP IS:
- ONE WAY I CAN STRENGTHEN OUR RELATIONSHIP IS:
- ONE WAY THAT YOU CAN STRENGTHEN OUR RELATIONSHIP IS:
- SOMETHING WE DO TOGETHER THAT I REALLY ENJOY IS...
- SOMETHING I WISH WE COULD DO TOGETHER IS...
- IN THE NEXT FEW MONTHS I WOULD LIKE US TO...

