

Family Empathy Interviews

Note: For this exercise, have each teen work with parents from a different family.

Teens to Ask the Parents...

1. What did you worry about the most as a teenager?
2. What was the topic of the toughest conversation you had with your parents as a teen?
3. Describe a time when you felt rejected as a teen.
4. What was the best lesson you learned from your parents as a teen?
5. Looking back, what is something you wish your parents had known or understood about you that you never told them?