

**My Top 3 Goals for My Family Are to Improve:**

- Parent-Teen Communication
- Parent-Teen Understanding
- Family Quality Time
- Other \_\_\_\_\_
- Parent-Teen Problem-Solving
- Family Coping with Feelings
- Family Expression of Love, Affection
- Parent-Teen Cooperation
- Family Expression of Feelings
- Family Coping with Stress



More specifically, what about \_\_\_\_\_ do you want to work on?

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What can you do to help accomplish these?

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How will you know if it is working?

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Why are these important to you?

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**My Top 3 Goals for Myself Are to Improve:**

- Expressing Feelings
- Coping with Depression
- Controlling Impulses/Temper
- Coping with Feelings
- Coping with Stress/Anxiety
- Confidence/Self-Esteem
- Problem-Solving
- Coping with Anger
- Other \_\_\_\_\_
- Resolving Conflicts
- Staying Safe



More specifically, what about \_\_\_\_\_ do you want to work on?

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What can you do to help accomplish these?

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How will you know if it is working?

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Why are these important to you?

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