

TALK IT THROUGH



Note: The term parent in the following items refers to all kinds of parenting adults—birth, step, foster, or guardian.

1. On a scale of 1 to 5 (1 being “we hardly ever talk” and 5 being “we talk all the time”), how often do you talk about each of the following with one or both of your parents or guardians?

- | | | |
|---|--|--|
| <input type="checkbox"/> School grades | <input type="checkbox"/> Family rules | <input type="checkbox"/> Problems you have |
| <input type="checkbox"/> Internet, TV or movies | <input type="checkbox"/> Alcohol or drugs | <input type="checkbox"/> How your day went |
| <input type="checkbox"/> Chores | <input type="checkbox"/> Your free time | <input type="checkbox"/> Disobedience |
| <input type="checkbox"/> Christian beliefs | <input type="checkbox"/> Popular music | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Clothes and fashion | <input type="checkbox"/> Church | |
| <input type="checkbox"/> Your friends | <input type="checkbox"/> Your responsibilities | |

2. When you talk with one or both of your parents, who usually starts it?

- | | |
|---|---|
| <input type="checkbox"/> I usually do. | <input type="checkbox"/> My dad usually does. |
| <input type="checkbox"/> My mom usually does. | <input type="checkbox"/> Equal between my dad and me. |
| <input type="checkbox"/> Equal between my mom and me. | <input type="checkbox"/> We never talk. |

3. Have you shared your feelings about any of the following with your parents? If so, check those that apply.

- | | | |
|--|--|---|
| <input type="checkbox"/> Family rules | <input type="checkbox"/> Chores | <input type="checkbox"/> Family relationships |
| <input type="checkbox"/> Christianity and church | <input type="checkbox"/> Friendships | <input type="checkbox"/> Sex |
| <input type="checkbox"/> Your interests | <input type="checkbox"/> Your social activities | <input type="checkbox"/> Disobedience |
| <input type="checkbox"/> Your future plans | <input type="checkbox"/> Schoolwork | <input type="checkbox"/> Your problems |
| <input type="checkbox"/> Politics | <input type="checkbox"/> Fears | <input type="checkbox"/> Alcohol or drugs |
| <input type="checkbox"/> Sibling problems | <input type="checkbox"/> Problems in our society | <input type="checkbox"/> Your music |
| <input type="checkbox"/> Feelings | | |

4. If you could change **one thing** about the way you and your parents or guardians talk to each other, what would it be?

5. Each of the following passages relates in some way to communicating. Choose one to read and write in your own words what it says about communication.

Job 2:13

Proverbs 15:1

James 1:19

Proverbs 2:3-6

2 Timothy 2:7

James 3:9-12