WHAT I WISH YOU KNEW

Name:

Date:

A conversation starter for teens and parents. Fill in your own side separately, then swap pages and talk it through.

Our ground rules

- Pick a calm time
- Listen to understand
- No interrupting
- It's okay to pass
- Be honest and kind
- Say thank you for sharing

TEEN

Something I wish you knew about my day:

Something that's harder than it looks:

What helps me when I'm stressed:

Something I'm proud of that you might not know:

One thing I'd like us to try:

MOM OR DAD

Something I wish you knew about me:

Something I worry about, and why:

Something I really admire about you:

How I'd like to help, without taking over:

One thing I'd like us to try:

Our plan

One thing we'll both try this week:

We'll check in on: _____ **Signed:** _____

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