



Toolkit for Parenting Teenagers
Conversation Starter #11: Exploration of Emotion

- 1) Are you able to voice when you are upset about something?
- 2) How do you feel when someone is angry with you? What is your initial reaction?
- 3) What do you do to cheer yourself up when you don't feel well?
- 4) What hurts your feelings? How do you act when this happens?
- 5) When you get angry, how do you calm yourself down?
- 6) Do you ever journal about your feelings?