



HEALTHY
RELATIONSHIPS
INITIATIVE

Toolkit for Parenting Teenagers
Reflection Activity #2: Self Check-in

With so many changes going on in your teen's life it can be easy to forget to check-in with yourself. No matter how busy we are, it is always important to take a moment and reflect on what is going on internally. When you are by yourself, take a moment to think about the open ended statements below. Encourage your teen to do a self check-in as well. If you both feel comfortable, share some of your answers with one another.

J Feel... _____

J Need... _____

J Wish... _____

J Hope... _____

J Think... _____

J Want... _____

