

# 52 Journal Prompts to Help You Connect with Your Teen This Year!

## IS THIS FOR ME?

---

Are you a mother or father with a teenager at home? Are you looking for a new and creative way to communicate with your son or daughter? Then, yes, this is for you!

## GETTING STARTED

---

After you and your son or daughter have agreed to do this project together, you will have a few things to do before you're ready to go.

First, choose a book and a pen that will be used for your back and forth journal. Next, select where you will each leave it for the other to find. Then, agree on how you will let the other know you've written something. This is important so an entry does not go unnoticed! The fifty-two prompts will last for one year if you write to each other once per week.

## SOMETHINGS TO CONSIDER

---

The following list includes some fun and silly questions and more serious topics. Some of these questions may bring up BIG emotions for you and/or your child. Please feel free to skip or postpone any of the questions.

I do not recommend making these journal prompts a requirement for your child. Create an environment that encourages sharing and also respects privacy.

Agree with your child how you will store and exchange the book, especially if they live with their other parent part of the time. Decide together about when and where to ask questions or talk about what is written. This is between the two of you and is not meant to become public knowledge among other family members or those outside of your family.

This exercise is meant to be fun and valuable for your family. If these activities bring up difficult issues or concerns, please talk together about how to handle the information. Do not hesitate to include a trusted family member or a confidential professional in your discussion if need be.

## READY, SET, GO!

---

Start anytime of the year. Go in order or pick and choose. Enjoy!



Bethany Raab, LCSW  
Helping Teens & Families Be Happy & Healthy!  
[www.raabcounseling.com](http://www.raabcounseling.com)  
720-722-0527

## HERE YOU GO!

---

- 1) Both: What is your favorite season of the year? What is it that makes this stand out from the others?
- 2) Both: If you could be any animal for a day, what would you choose? Why does this animal appeal to you? Can you think of any down-sides to being this animal?
- 3) Parent: Describe your favorite memory from school (around age your child is now).  
Child: Describe the best day of school you have ever had and why.
- 4) Parent: Were you ever bullied as a child? If yes, share your experience and how it made you feel. If not, share about bullying you witnessed in school.  
Child: Have you ever been bullied at school? If yes, share about your experience and how you feel about it. If not, share about bullying you see happen at school.
- 5) Both: Describe your favorite memory from the last year.
- 6) Both: "The best thing about being ME is: \_\_\_\_\_."
- 7) Both: "The hardest part about being ME is \_\_\_\_\_."
- 8) Both: What would you do to help the poor if money was not an issue?
- 9) Parent: Describe the day you brought your child home from the hospital. How did you feel?  
Child: Describe your earliest memory.
- 10) Both: What is one belonging that you will NEVER throw away?
- 11) Both: Describe the part of your current home that you love the most.
- 12) Both: Describe the part of your current home that you dislike the most.
- 13) Both: Close your eyes and imagine the most relaxing place possible. Where is this place? Describe how it looks, feels and smells. Is this a real place?
- 14) Both: What is your favorite food? Can you explain why you like it so much?
- 15) Both: "If I received \$1000 to spend on anything I wanted, I would buy \_\_\_\_\_. Here is why: \_\_\_\_\_."
- 16) Both: What is the thing that scares you the most? Can you explain why?
- 17) Both: "My favorite memory with you is \_\_\_\_\_."
- 18) Parent: "My biggest wish for you is \_\_\_\_\_."  
Child: "My biggest hope for my future is \_\_\_\_\_."
- 19) Both: "The number one thing I would like to change about myself is: \_\_\_\_\_. Here is why: \_\_\_\_\_."
- 20) Both: What do you imagine your life will be like in 5 years?
- 21) Both: What do you imagine your life will be like in 10 years?
- 22) Parent: "For me, school was \_\_\_\_\_."  
Child: "For me, school is \_\_\_\_\_." And more!
- 23) Parent: "The hardest part of being an adult is \_\_\_\_\_."  
Child: "The hardest part of being a teenager is \_\_\_\_\_."
- 24) Both: The best advice you have ever received.

# YOU ARE DOING GREAT!

---

- 25) Both: The thing I think I am best at is \_\_\_\_\_. How do you know?
- 26) Both: Do you believe in ghosts? UFOs? Why or why not?
- 27) Both: The nicest thing anyone has ever said to you. How did you feel when you heard it?
- 28) Parent: Is there something you wish you had done or tried as a teen? What is it and why?  
Child: Is there something new you would like try, but haven't? What is it and why?
- 29) Both: Write about a time you made a mistake and tried to hide it. How did that work?
- 30) Both: Write about a time you made a mistake and were honest about it. How did that work?
- 31) Both: What three items would you want with you if you were stranded on a deserted island?
- 32) Parent: What was dating like for you in middle school and high school?  
Child: What is your experience with dating? Are you happy with your experiences?
- 33) Both: What is your favorite song of all time? What do you think about when you hear it?
- 34) Both: If you were to get a tattoo today, what would you get? If you would not get one, explain why.
- 35) Both: My questions for you about sex and sexuality.
- 36) Both: My answers to your questions about sex and sexuality. (It is fair for both of you to include "I am not comfortable answering that question" in your responses.)
- 37) Both: Describe yourself in five sentences. Explain if desired.
- 38) Both: Describe the other person in five sentences. Explain if desired.
- 39) Both: What worries you most about getting older?
- 40) Parent: What do you most hope your child will learn to do before they are on their own?  
Child: What do you need help with learning before you move away from home?
- 41) Both: If we could go on a road-trip together, where would you want to go first? Second? Third?
- 42) Both: What would you like to be an expert on? Describe what and why.
- 43) Both: "Sometimes it is hard for me to tell you \_\_\_\_\_."
- 44) Parent: "When I was your age, my hero was \_\_\_\_\_. This is why I admired this person: \_\_\_\_\_."  
Child: "My hero is \_\_\_\_\_. This is why I admire this person: \_\_\_\_\_."
- 45) Both: My very favorite meal is \_\_\_\_\_. Tell why you love this so much.
- 46) Both: What is the one thing you need to do or see every day? Why?
- 47) Both: "My favorite thing to day dream about is \_\_\_\_\_. Here is why: \_\_\_\_\_."
- 48) Both: One activity you would like to do together in the next month and why. (Start making some plans!)
- 49) Both: The house hold chore you hate the most and why.
- 50) Both: Draw me a picture of something that makes you feel happy.
- 51) Both: Draw me a picture of something that makes you feel sad.
- 52) Both: Describe your favorite thing about the other person.

You did an amazing job! Now try writing out your own list of questions to keep going!