

# The Relationship Inventory for Teens

## INSTRUCTIONS

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|--------|--|--------|---|
| Step 1 | Photocopy this spread (pages 98 and 99) for you and your child. Use a pad of paper to write responses. Note the question # before each response.   | Step 5 | When done, come back together. Agree on how much time you'll take to share your answers. I suggest at least 30 minutes. If possible, leave it open-ended.   |
| Step 2 | Together, read aloud all 33 questions to make sure you both understand what's being asked.   | Step 6 | DAD shares his answer to Question #1.   |
| Step 3 | DAD must assure his TEEN that it's safe to be honest. DAD MUST SAY: "I really want you to answer these questions honestly. I promise to listen without getting defensive, angry or upset. You don't have to protect me from your honesty." | Step 7 | TEEN shares their answer to Question #1.  |
| Step 4 | Split up, find a quiet place and each write your answers to EVERY question alone. Agree to return in 30 to 45 minutes.   | Step 8 | Continue alternating responses to each question, in order, until finished.  |
|        |  | Step 9 | Remember, focus on what's being said, not what you want to say. Use good body language. Don't interrupt or ask too many questions. Avoid getting defensive. |

## QUESTIONS

### OUR LIVES

1. Two qualities I like about myself...
2. What I love and respect about you is...
3. If I could change one thing about myself (a quality, physical attribute, attitude, etc.), I would change...
4. Lately, something that's been going well at school (or work) is...
5. If I could do one day over again at school (or work) it would be...
6. I have recently felt worried or stressed-out about...
7. I think you have been worried or stressed-out about...
8. A friend that is very important to me these days is \_\_\_\_\_ because...
9. Recently, something my friends talk about a lot is...
10. Something happening in the world today (current events) that I think about a lot is...
11. A SMALL change in my life (a new routine, physical growth, new teacher/coach, a driver's license, etc.) that has affected me is...
12. A BIG change in my life (birth/death, family life, a move, work situation, friendship, health issue, etc.) that has affected me is...
13. FOR TEEN: Dad, when you were my age, how did you handle...  
FOR DAD: When I was your age, things that made my life great were... and things that made it challenging were...

### OUR RELATIONSHIP

14. Positive qualities I bring to our relationship are...
15. Positive qualities you bring to our relationship are...
16. Something I really enjoy doing with you is...
17. One of the best things you've done for me lately is...
18. A way I think we're very similar is...
19. A way I think we're different is...
20. Ways that I sometimes make our relationship difficult are...
21. Ways that you sometimes make our relationship difficult are...
22. One way that you can improve our relationship is...
23. One way I can improve our relationship is...
24. FOR TEEN: Something I've always wondered about our family is...  
FOR DAD: Something about my family life I enjoyed growing up and something that was challenging...
25. A subject I find difficult to talk about with you is...
26. A subject I think you find difficult to talk about with me is...
27. An apology I've wanted to make to you is...
28. One of my greatest fears is...
29. I think one of your greatest fears is...
30. Something I need more of (e.g., time, help, respect) from you is...
31. Something I think you need more of from me is...
32. If today was our last day together, one thing I would want to make sure you know is...
33. In the next six months, I want us to...