

UNDERSTANDING THEIR INNER WORLD

Conversation-Starters That Build Connection

Your child is so much more than schedules, grades, activities, and milestones. These questions are designed to help you get curious about their inner world – what they're thinking, feeling, navigating, and becoming. Because sometimes one good question can open the door to a conversation you didn't know they needed.



SHINING A LIGHT ON WHAT MATTERS

Questions to help you understand your child or teen's inner world:

Who They Are

- When do you feel most like yourself?
- What are you proud of right now, even if you don't always say it out loud?
- What feels important to you these days?
- What do you wish adults understood better about you or kids your age?

How They Feel

- What's been giving you energy lately?
- What's been weighing on you, even a little?
- What makes you feel safe, seen, or overwhelmed?
- When you feel stressed or overwhelmed, what helps the most?
- How do you usually know when something is bothering you?

Their World & Relationships

- Who do you feel most comfortable being yourself around?
- Is there someone who really "gets" you? What do they do that helps?
- Where do you feel like you belong right now?
- Has any friendship or relationship been changing lately?

How They Express Themselves

- What's something you love right now – music, style, games, shows, or hobbies?
- How do you like to express how you're feeling when words are hard?
- Is there something about you that people often misunderstand?



Their Inner Thoughts

- ✓ What do you think about most when you're alone?
- ✓ What's something you're curious about lately?
- ✓ What's something you wish you could talk about more?
- ✓ If you could change one thing about your day-to-day life, what would it be?

Looking Ahead

- ✓ What are you excited about in the near future?
- ✓ What's something you're working toward, even if it feels far away?
- ✓ What does feeling supported look like to you right now?

Gentle Reminder for Parents

You don't need to ask every question or get a "perfect" answer. The goal isn't to collect information, but to create moments of connection. Listening without reacting often lets the most meaningful things come to light.