Conversation Starters

One card, one conversation. Ask, then listen (no fixing, no lecturing). Anyone can pass. Brave cards are opt in.

PARENT ASKS
Everyday

What part of today would you replay? What part would you skip?

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PARENT ASKS
Everyday

If today had a weather forecast, what would it be?

psychinglife.com

PARENT ASKS
Everyday

What's one thing you're looking forward to this week?

psychinglife.com

PARENT ASKS
Everyday

On a scale of 1 to 10, how's your energy right now? What would move it one number up?

psychinglife.com

PARENT ASKS
Everyday

What's taking up space in your brain today?

psychinglife.com

PARENT ASKS
Feelings

What's been on your mind a lot lately?

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PARENT ASKS
Feelings

When did you feel like yourself this week?

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PARENT ASKS
Feelings

What's something that's been harder than you expected?

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PARENT ASKS
Feelings

Is there something you're pretending not to care about?

psychinglife.com

PARENT ASKS
Feelings

What's a feeling you've had recently that surprised you?

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PARENT ASKS
Friends

Who's been making you laugh lately?

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PARENT ASKS
Friends

Is there someone you're trying to figure out how to be around?

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PARENT ASKS
Friends

What's something kind a friend did for you lately?

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PARENT ASKS
Friends

Do you feel like you can be yourself around your friends? All of them?

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PARENT ASKS
Friends

Has a friend let you down lately? What happened?

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PARENT ASKS
Friends

What do you think your friends would say you're good at?

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PARENT ASKS
School & Future

Which class feels worth your time right now? Which one doesn't?

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PARENT ASKS
School & Future

If you could design one class, what would it be?

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PARENT ASKS
School & Future

What's something you're learning outside of school?

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PARENT ASKS
School & Future

What do you hope is different this time next year?

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PARENT ASKS
School & Future

What's a skill you wish school actually taught?

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PARENT ASKS
School & Future

What's something interesting you learned recently, about anything?

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PARENT ASKS
Just For Fun

If we could teleport to dinner anywhere tonight, where are we going?

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PARENT ASKS
Just For Fun

What song have you had on repeat?

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PARENT ASKS
Just For Fun

If you had a totally free Saturday, no obligations, what would you do?

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PARENT ASKS
Just For Fun

What show or creator are you into that might surprise me?

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PARENT ASKS
Just For Fun

If you won $1,000 right now, what's the first thing you'd do?

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PARENT ASKS
The Real Stuff

What's something you wish adults understood about being your age?

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PARENT ASKS
The Real Stuff

When do you feel trusted? When don't you?

psychinglife.com

PARENT ASKS
The Real Stuff

What's a rule in this house you'd change if you could?

psychinglife.com

PARENT ASKS
The Real Stuff

Is there something you've wanted to tell me but haven't found the right moment?

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PARENT ASKS
The Real Stuff

What's a hard conversation you've had with a friend lately?

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PARENT ASKS
The Real Stuff

What are some things you like about me as a parent?

psychinglife.com

PARENT ASKS
If you're brave · opt in

Is there something you've been nervous to tell me?

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PARENT ASKS
If you're brave · opt in

What makes it hard to be honest with me sometimes?

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If you're brave · opt in

What's something you're afraid I'd judge you for?

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PARENT ASKS
If you're brave · opt in

What's something true about our family that we don't talk about?

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PARENT ASKS
If you're brave · opt in

Have you ever felt unsafe, with anyone, anywhere?

If something serious comes up: stay calm, thank them for telling you, and get support.

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PARENT ASKS
If you're brave · opt in

What's something you need from me that you haven't asked for?

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PARENT ASKS
If you're brave · opt in

Is there a part of yourself you're afraid to show people?

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TEEN ASKS
Then & Now

What were you like at my age?

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TEEN ASKS
Then & Now

What was a hard year of school for you, and why?

psychinglife.com

TEEN ASKS
Then & Now

What did your teenage bedroom look like?

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TEEN ASKS
Then & Now

Who were you close with growing up? Are you still in touch?

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TEEN ASKS
Then & Now

What did you want to be when you were my age?

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TEEN ASKS
Then & Now

What's different about being a teen now versus then?

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TEEN ASKS
Then & Now

What did a normal Friday night look like when you were my age?

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TEEN ASKS
Then & Now

What's something from your teen years you think I'd actually like?

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TEEN ASKS
Then & Now

How did you and your friends make plans before phones?

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TEEN ASKS
Then & Now

What music were you and your friends listening to at my age?

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TEEN ASKS
Your Story

What was your first job?

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TEEN ASKS
Your Story

What's a time you got in real trouble? What happened?

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TEEN ASKS
Your Story

What's something brave that you have done?

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TEEN ASKS
Your Story

What's something you're proud of that I don't know about?

psychinglife.com

TEEN ASKS
Your Story

What's a mistake you made that taught you something?

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TEEN ASKS
Your Story

What were your parents like when you were growing up?

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TEEN ASKS
Your Story

How did you decide what to do after high school?

psychinglife.com

TEEN ASKS
Your Story

What's a time you changed your mind about something important?

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TEEN ASKS
Your Story

Who helped you through a tough stretch, and what did they do?

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TEEN ASKS
Your Story

What's something you're working on getting better at right now?

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TEEN ASKS
Real Talk

What were you afraid to tell your parents?

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TEEN ASKS
Real Talk

What's something you wish your parents did differently?

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TEEN ASKS
Real Talk

What's something you believed as a teen that turned out to be wrong?

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TEEN ASKS
Real Talk

What do you wish you'd known at my age?

psychinglife.com

TEEN ASKS
Real Talk

What's something you're still figuring out, even now?

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TEEN ASKS
Real Talk

What scares you about me growing up?

psychinglife.com

TEEN ASKS
Real Talk

What's something about being a parent that surprised you?

psychinglife.com

TEEN ASKS
Real Talk

How do you handle it when you're stressed and don't want us to notice?

psychinglife.com

TEEN ASKS
Real Talk

What helps you calm down when you're upset?

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TEEN ASKS
Real Talk

What do you need from me on a rough day?

psychinglife.com

TEEN ASKS
Just Curious

If you could relive one day of your life, which one?

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TEEN ASKS
Just Curious

What's a gift that meant a lot to you?

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TEEN ASKS
Just Curious

What would you do with a free weekend, just for you?

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TEEN ASKS
Just Curious

What's a small thing that makes your day better?

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TEEN ASKS
Just Curious

If you could have dinner with anyone, who would it be?

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TEEN ASKS
Just Curious

What's something people don't know about you?

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TEEN ASKS
Just Curious

What's something you'd like to learn if you had the time?

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TEEN ASKS
Just Curious

If you could switch jobs with someone for a week, whose would it be?

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TEEN ASKS
Just Curious

What's on your mind this week that isn't about me?

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TEEN ASKS
Just Curious

Where would you go if you could take a trip with no plans?

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TEEN ASKS
If you're brave · opt in

What's a mistake that you have made as a parent?

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TEEN ASKS
If you're brave · opt in

What's something you did as a teen that your parents still don't know?

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TEEN ASKS
If you're brave · opt in

What's a relationship mistake you made that I should avoid?

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TEEN ASKS
If you're brave · opt in

What do the adults in this house argue about?

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If you're brave · opt in

What's something you're scared I'll repeat from your life?

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TEEN ASKS
If you're brave · opt in

Has there been a time you thought about giving up on something?

psychinglife.com

TEEN ASKS
If you're brave · opt in

What's hard about being my parent right now?

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TEEN ASKS
If you're brave · opt in

What's something you wish you could say to your own parents now?

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TEEN ASKS
If you're brave · opt in

What's something you apologized for that was hard to say?

psychinglife.com

TEEN ASKS
If you're brave · opt in

What's a worry about our family you carry that I might not know about?

psychinglife.com

TEEN ASKS
If you're brave · opt in

How did your parents handle hard feelings, and what did you take from that?

psychinglife.com

TEEN ASKS
If you're brave · opt in

What's something you're still learning to forgive yourself for?

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