

Beyond Roots Parenting Hub

Parent-Teen Communication Challenge Worksheet

Objective: This worksheet is designed to help parents improve open communication with their teens by assessing their current communication style, reframing corrective phrases, and planning meaningful bonding activities.

Step 1: Self-Assessment

Rate your current communication with your teen on a scale of 1-10
(1 = Poor, 10 = Excellent)

Your rating: _____

What are your biggest communication challenges with your teen?

Step 2: Reframe Your Words

Write down 3 common phrases you use when correcting your teen. Then, rephrase them to encourage a more positive and open conversation.

Common Phrase	Positive Rephrase
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1.

2.

3.

Step 3: Plan Daily Bonding Activities

Choose a 15-minute bonding activity for each day of the week to strengthen your relationship with your teen.

Day	Activity
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____
Saturday	_____
Sunday	_____

Reflection

At the end of the week, reflect on your experience:

- What changes did you notice in your communication with your teen?
- How did your teen respond to the new approach?
- What was the most rewarding bonding activity?

✨ Keep practicing! Open and positive communication builds lifelong trust and understanding. ✨