

Questions To Ask To Empower Your Teen

When a young person comes to you with an upset or a story about something that didn't go the way he or she wanted or didn't like, instead of SOLVING the problem FOR them, try asking some of these questions instead. When you allow your teen to take charge, discover they already know the answer themselves, they will feel more empowered and capable of handling or working out future problems or situations on their own and with less help!! These questions can be used at other times, as well.

1. What would YOU like to do about that?
2. How can/could YOU handle that?
3. What other choices can you make? or What else could you do?
4. What can/could you do differently?
5. How did you feel when 'that' happened? or What do you think you were feeling?
6. How do you think you handled your feelings?
7. What do you think you could have done differently?
8. How do you think the other person was feeling?
9. What part didn't you like? What part did you like?
10. If you could change one thing about '.....', what would it be?
11. What do you wish could happen? What do you think you need to do so that might happen?
12. What would it look like if you were being 'patient'? (or being a good friend, responsible, helpful, calm, handling your feelings, etc...)
13. What part would you like help with? (if teen asks for help)
14. What did you do that you feel proud of?

