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Questionnaire on Parent-Teen Relationships

YES NO

- ☐ ☐ 1. Do your parents wait until you are through talking before having their say?
- ☐ ☐ 2. Does your family do things as a group?
- ☐ ☐ 3. Do your parents respect your opinions?
- ☐ ☐ 4. Do your parents tend to lecture too much?
- ☐ ☐ 5. Do you discuss your own personal problems with either of your parents?
- ☐ ☐ 6. Do your parents talk to you as if you were much younger than you are?
- ☐ ☐ 7. Do your parents show interest in your activities?
- ☐ ☐ 8. Do you and either parent discuss matters of sex?
- ☐ ☐ 9. Do your parents trust you?
- ☐ ☐ 10. Do you find it hard to say what you feel at home?
- ☐ ☐ 11. Do your parents have confidence in your abilities?
- ☐ ☐ 12. Do you hesitate to disagree with your parents?
- ☐ ☐ 13. Do you fail to ask things of your parents because you feel that they would say no anyway?
- ☐ ☐ 14. Do you and your parents try to see one another's side of things?
- ☐ ☐ 15. Do your parents consider your ideas when making decisions that affect you?
- ☐ ☐ 16. Do your parents try to cheer you up when you are down?
- ☐ ☐ 17. Do your parents explain their reasons for the decisions they make regarding you?
- ☐ ☐ 18. Do you ask your parents for their reasons for the decisions they make?
- ☐ ☐ 19. Do you help your parents understand you by telling them how you think and feel?

20. In light of your answers to the questions above, rate your relationship with your parents.
___ very good ___ good ___ fair ___ poor

21. Think of three constructive ideas on how to improve your relationship with your parents. Write them here.