

CONVERSATION GUIDE

We hope this guide will allow you to have intentional and fun conversation with your daughter!

FIRST THINGS FIRST

Here are two things to remember:

1. Remember, it's a **guide**. Let her decide which topics she wants to talk about and don't force any part of the conversation.
2. Remember, it's a **conversation**. Don't let her be the only one answering questions and be intentional to follow up with answers before moving onto the next question.

Write down some relevant, timely questions you can ask your daughter to get the conversation going about her day? Her world? Her activities? Her academics?

FOLLOW UP

Now look at the questions you listed above that you likely know the answer to or some potential answers. **What are follow up questions you can ask that bridge from concrete to abstract.** (E. G. "What was for lunch at school today?" Potential answer: spaghetti but really I just ate a salad. Follow up: "Oh did they have it prepared for you or could you go to a salad bar?" or "Is lunch still just as weird because of COVID or have some things changed?")

What are sensitive topics in your girls' life that if you talk about she will likely shut down?

(For example: her grades, college applications, a recent breakup, diet, eating disorder, sports, a certain friend, learning to drive, recent divorce/remarriage)

Now, use the remainder of the guide for prompts to build conversation. You don't have to answer all of these questions in one day. You could do a monthly date night to make it through the guide. Allow the conversation to be natural and not forced. Finally, write down answers for you to keep and know how you can be praying for her.

FAMILY:

What's your favorite part about our family?

What's your favorite memory of our family?

If you could change one thing about what we do as a family, what would it be?

Do you feel like you're important in our family?
Why or why not?

Do you feel like home is a safe place for you?
Why or why not?

Why should family matter?

How can I do a better job as your parent?

What rules do you wish I would change?

What rules are you thankful for?

Notes about family:

Who are your closest friends right now?

What are your favorite things to do with your friends?

FRIENDS:

How can you be a better friend?

Do you like bringing your friends home? Why or why not?

How can I love your friends better?

SCHOOL:

What is your favorite part of this school year?

What's your hardest subject?

Who is your favorite teacher? Why is he/she your favorite?

With school being different with Covid, what is the biggest change you've seen? What do you miss about a normal school year?

Notes about school:

What do you like about our church?

CHURCH:

Do you wish our church did anything differently? If so, what?

Who is your favorite leader in the church?

Who are your closest friends at church?

If you could serve anywhere in the church, where would it be?

What's something you've learned at church recently?

How can I better support you in attending and serving at church?

Notes about church:

What's your favorite activity/sport/hobby you're doing right now?

Why do you love it so much?

HOBBIES:

TAKE AWAYS:

HOBBIES :

If you could do anything outside of what you're currently doing, what would it be?

Do you feel like you have time for hobbies or other activities?

Do you wish I was less involved or more involved in your hobbies/activities?

Notes about hobbies:

What was the biggest disappointment for this year? Why?

Looking to the future, what are you most excited about?

DREAMS :

What do you see yourself doing after high school?

If you could do ANYTHING, what would you do?

Do you want to go to college one day? Why or why not?

How can I support you in chasing after your dreams?

Notes on dreams:

How would you describe your relationship with God right now?

SPIRITUAL:

Why do you think it's like that?

What's your favorite part of following Jesus?

What spiritual discipline do you struggle with most? How can I help you with that?

TAKE AWAYS:

SPIRITUAL:

If you ever struggle with doubts or temptations, do you feel like I am a safe person to talk with?

Do you feel like you have support in your relationship with Jesus from friends and leaders?

How can I better help you with your relationship with God?

What do you want to know about my relationship with God?

Notes on spritual life:

Feel free to add you own questions in these boxes.

EXTRA :

TAKE AWAYS: