

SELF REFLECTION | TEENS

Appearance

How do you see yourself when you look in the mirror?

What do you like most about your appearance?

What do you dislike about your appearance?

How do you feel about your style and the clothes you wear?

Personal Preferences

What are your favorite hobbies or activities?

What is something you really don't enjoy doing?

What kind of music, movies, or books do you like the most?

Self-Perception

How would you describe yourself in three words?

What do you like most about your personality?

What do you consider your best attribute?

What are you the proudest of accomplishing?

What has been your biggest disappointment?

Relationships and Support

Who has let you down, and how did it make you feel?

Who has always been there for you?

Who do you trust the most with your feelings?

Who do you share your feelings with?

Who offers you strength during tough times?

Who causes you the most pain or disappointment?

School and Future

What is your biggest fear at school?

What is your biggest fear in life?

What are your biggest fears about your life now and in the future?

What do you see yourself doing in the next two - three years of your life?

What do you want to achieve in the future? Describe what this looks like:

What do you think is the best thing you can offer others?

Do you feel you are spiritual? Explain:

Do you feel you have a relationship with God? Explain:

Do you feel there is an area, topic, or something you would like to explore for your future?
Explain:

Personal Improvement

What areas of your life do you feel you need to improve?

When have you pushed yourself to do something that scared you?

When have you avoided doing something that you now regret?

What is something you wish you had done but didn't?

What is the best thing you have accomplished that you didn't think you could do?

Emotional Well-being

When have you felt scared?

When have you felt sad?

When have you felt angry?

When have you felt frustrated?

When have you felt annoyed?

When have your felt rejected?

When have you felt embarrassed?

When have you felt humiliated?

When have you felt happy?

What brings you joy?

What brings you sadness?

What does anxiety mean to you?

When have you felt excited?

When have you felt anxious?

When have you felt helpless?

When have you felt loved?

When have you felt accepted?

When have you felt included?

When have you felt important?

When has a friend or friend group hurt you? Explain:

What did you used to see has important and now that you look back on it, it is not important?

Family and Personal Relationships

What would you like to say to your dad that you have never said?

What would you like to say to your mom that you have never said?

How do you feel about your siblings?

How do you feel about your family as a whole?

What do you feel your family is lacking?

What would you like for your family to do more of?

What activities do you wish you could do with your family?

What would you like for your family to understand about you?

What would you like for your family to stop doing?

What would you like for your family to start doing?

Coping Skills and Emotional Expression

What do you want to learn about coping with difficult feelings or situations?

Do you want to learn to speak up for yourself and share your feelings?

Do you feel you are strong in expressing your true feelings?

Do you fear hurting others' feelings, so you don't speak up?

Do you want to please others more than express your feelings?

Do you feel you can speak up and express yourself when you are not okay with a situation? Why or why not?

Are you confident in expressing your feelings even if they are not what others might want to hear? Explain:

Do you feel adults are always right? Explain.

Do you feel you know when you are safe or not safe? Explain.

When have you felt unsafe?

Where have you felt the safest?

When have you been in a situation that you knew you should not be in? What did you do? What was going on?

Are you strong enough to say “no”? Explain:

Personal Growth and Reflection

What is the best year of your life so far, and why?

What is the worst time in your life, and what made it so?

When have you felt disappointed?

When have you felt rejected?

When have you felt abandoned?

When have you felt not good enough?

What are some goals you have for yourself in the next year?

How do you plan to achieve your goals?

