

# SELF REFLECTION | TWEENS

## ***How You Look***

What do you see when you look in the mirror?

What do you like most about how you look?

What do you not like about how you look?

Do you like your clothes? Why or why not?

## ***Things You Like***

What are your favorite things to do?

What is something you don't like doing?

What is your favorite music, movie, or book?

## ***How You Feel About Yourself***

Can you describe yourself in three words?

What do you like most about yourself?

What are you really good at?

What have you done that makes you very proud?

What has made you feel really sad?

***Friends and Family***

Has anyone ever made you feel sad? Who and why?

Who makes you feel happy?

Who do you tell your secrets to?

Who do you talk to when you feel sad?

Who helps you when you have a problem?

Who makes you feel upset?

## ***School and Future***

What scares you about school?

What scares you about life?

What scares you about your friends' future?

What do you want to do in middle school? In high school?

What do you want to be when you grow up?

How can you help other people?

## ***Getting Better***

What do you want to get better at?

When did you do something that was really scary?

When did you not do something and then wish you had?

What is something you wish you did but didn't?

What did you do that you didn't think you could do?

***Feelings***

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 you felt happy?

When have you felt excited?

When have you felt worried?

When have you felt like you couldn't do something?

When have you felt loved?

When have you felt accepted?

When have you felt included?

When have you felt important?

### ***Family and Home***

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

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

How do you feel about your brothers or sisters?

How do you feel about your family?

What do you think your family needs more of?

What do you want your family to do more often?

What activities would you like to do with your family?

What do you want your family to understand about you?

What do you want your family to stop doing?

What do you want your family to start doing?

What would you like to say to a step-parent (if you have one) that you have not shared before?

### ***Talking About Your Feelings***

What do you want to learn about handling tough feelings?

Do you want to learn how to talk about your feelings?

Are you good at saying how you really feel?

Do you keep quiet to avoid hurting others' feelings?

Do you try to make others happy instead of saying what you feel?

Can you speak up when you don't like something? Why or why not?

Are you confident talking about your feelings even if others don't like it? Why or why not?

Do you think adults are always right? Why or why not?

Do you know when you feel safe or unsafe? Explain.

When have you felt unsafe?

Where have you felt the safest?

### ***Goals and Dreams***

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

What has been the worst time in your life, and why?

When have you felt disappointed?

When have you felt left out?

When have you felt alone?

When have you felt not good enough?

What are some things you want to do next year?

How will you reach your goals?

These questions are designed to help young boys think about their feelings and experiences in a simple and clear way.