

# Communication in My Family



Think about your relationship with a parent and reflect on each of the following questions, circling the best response.

- |            |           |   |
|------------|-----------|---|
| <b>Yes</b> | <b>No</b> | 1. Does your parent interrupt you to give her or his opinions?                          |
| <b>Yes</b> | <b>No</b> | 2. Does your family do things together?   |
| <b>Yes</b> | <b>No</b> | 3. Does your parent show interest in your activities?                                   |
| <b>Yes</b> | <b>No</b> | 4. Do you talk to your parent about things that interest him or her?                    |
| <b>Yes</b> | <b>No</b> | 5. Do you help your parent understand you by telling her or him how you think and feel? |
| <b>Yes</b> | <b>No</b> | 6. Do you discuss sexuality with your parent?   |
| <b>Yes</b> | <b>No</b> | 7. Does your parent explain his or her reasons for decisions regarding you?             |
| <b>Yes</b> | <b>No</b> | 8. Does your parent respect your opinion?   |
| <b>Yes</b> | <b>No</b> | 9. Does your parent trust you?  |
| <b>Yes</b> | <b>No</b> | 10. Do you try to see your parent's point of view?                                      |
| <b>Yes</b> | <b>No</b> | 11. Does your parent try to see your point of view?                                     |
| <b>Yes</b> | <b>No</b> | 12. Does your parent notice and respond with concern when you're feeling down?          |
| <b>Yes</b> | <b>No</b> | 13. Do you treat your parent the way you would like to be treated?                      |

