

The Relationship Check Up* - A Proactive Relationship Building Activity
For Parents of Preteens & Teens (ages 9 - up)

ABOUT

Practically, the Relationship Checkup is a series of questions designed and sequenced to initiate and encourage ongoing dialogue between dads and their children. It's a structured way to have a heart-to-heart talk about two central themes: your everyday lives and your relationship with each other.

Read through the STEPS below; *feel free to change or modify how you do The Relationship Check Up in any way that works best for you.* You may, for example, want to choose just a few questions to discuss in the car or over breakfast. The key is that both of you have a chance to talk and listen to each other.

INSTRUCTIONS

- STEP 1.** Together, read aloud all ten questions to make sure you both understand what's being asked. Dad must assure his teen that there will be no negative consequences for being honest.
- STEP 2.** Split up, find a quiet place, and each think about your responses to every question alone. Agree to return in 15-30 minutes. It can be helpful to write down your answers.
- STEP 3.** When done, come back together. Agree on how much time you'll take to share your answers. If possible, leave it open-ended.
- STEP 4.** Dad shares his answer to Question #1. Teen shares his or her answer to Question #1. Continue alternating responses to each question in order. Spend as much time discussing your responses as needed, rather than rushing to finish the activity.

QUESTIONS

1. One positive quality that I bring to our relationship is...
2. One positive quality that YOU bring to the relationship is:
3. A way that I sometimes make our relationship difficult is:
4. A way that YOU sometimes make our relationship difficult is:
5. One way I can strengthen our relationship is:
6. One way that YOU can strengthen our relationship is:
7. A subject I find difficult to talk about with you is...
8. A subject I think YOU find difficult to talk about with me is...
9. I think one of the best things YOU'VE done/do for me is:
10. In the next few months I would like us to...

**This interactive activity for Parents & Preteen/Teens is adapted by The Fatherhood Project from The Modern Dad's Dilemma (New World Library, 2010) by John Badalament. The ages (9 - up) are meant to be a guideline.*