

Naturally Connected Questions

Help Youth Track Connections



Questions for Youth

Who are the people that have stuck with you at your best and worst moments in life?

Can you tell me about someone in your life who really got you, really understood you, really appreciated you?

Think back to a day when you were having a really tough time. Who was there to support you?

What was the most fun thing you have done in the last 6 months? Who was present?

When you think of your favorite holiday celebrated with your family or loved ones, who was there and what made it so special?

Who is someone in your life that you would tell exciting/good news to?

Who did you consider to be the most significant people on your life growing up?

Questions for Parents

Who has been the person that surprised you the most when you needed help caring for your child?

Who have you relied on when things got crazy in life?

When you think about your past, who has been most supportive of you in the choices you have made regarding your children?

Who was there when your child was born?

Think about a time in your past where you were in a crisis of some kind (financial, medical, etc.). Who did you confide in?