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LOVE HER WELL

10 WAYS TO FIND JOY AND CONNECTION
WITH YOUR TEENAGE DAUGHTER

A PDF COMPANION TO THE AUDIOBOOK

INTRODUCTION

REFLECTION QUESTIONS

1. What happens to a mom's "village" as her children grow up? Why do moms feel supported in the toddler years yet lonely in the teen years?
2. When did you first notice signs of your daughter growing up? What was your response?

3. Have you and your daughter ever locked horns or hit a rough patch? If so, what helped you through it? In retrospect, what would you have done differently?
4. What positive or negative scripts about raising girls have you heard? How have they shaped your parenting?
5. Do you live in the past (beating yourself up over mistakes), the present (accepting God's current grace), or the future (worrying about what's ahead)? How would your outlook change if you woke up believing God's mercies are new each morning?
6. Describe your relationship with your mother. In what ways has it positively or negatively impacted the way you relate to and interact with your daughter?

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CHOOSE YOUR WORDS (AND TIMING) CAREFULLY

REFLECTION QUESTIONS



1. Describe a critical remark that an influential person in your life said to you. How did it affect your confidence and self-image?
2. How is blunt criticism different from constructive criticism? Have you ever made a remark to your daughter that you wanted to take back? What did you learn?

3. Have ever you received a correction that went down easy because the person spoke the truth in love? Explain.

4. Have you ever received a piece of advice or criticism at the wrong time? How did poor timing impact your ability to receive the feedback?

5. What is your favorite encouraging phrase to tell your daughter?

6. Who lets you vent and keeps your secrets safe? How can you be a safe place for other moms, not judging them or their teens when they need to talk unfiltered?

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LISTEN AND EMPATHIZE WITH HER WORLD

REFLECTION QUESTIONS

1. Who listens to you attentively? How can you apply their approach when listening to your daughter?
2. Today's teenagers face bigger challenges than their parents' generation. They're being shaped by a world that is more complex and less forgiving. Do you try to understand their culture, or do you keep a safe distance because knowing too much is stressful?

3. How can empathy promote civil conversations when you and your daughter disagree? Is it easy or hard to put yourself in her shoes?
4. What is your biggest concern about the realities of teen culture? How can you empower your daughter in this area?
5. Describe a time when you listened to your daughter but failed to “hear” her because your mind was consumed with your plans, feelings, or worries. What did you learn?
6. What comes to mind when you see a group of teenage girls? Are you intimidated, annoyed, or curious? Do you jump to stereotypes and conclusions, or do you get to know them before forming an opinion? Explain.

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BE HER MOM

REFLECTION QUESTIONS

1. How comfortable are you with your daughter being upset if you *know* you've made the right choice? Do you ever cave to stay in her good graces? Explain.
2. What choices did your parents make that taught you to stand on your own two feet? Did you like your parents at the time? Did you say, "I will not be *that* parent"?

3. Compare your opinion of your mom when you were sixteen years old versus age thirty or forty. Did time and maturity alter your perspective? Why or why not?
4. What comes more naturally to you: setting rules for your daughter or building a relationship with her? How can you strike a healthy balance?
5. What is the hardest part of parenting a teenager today?
6. When your daughter messes up, what is your response? Describe a time when you showed mercy and a time when you showed tough love.

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MAKE YOUR RELATIONSHIP A PRIORITY

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1. Has anyone tried to advise you without getting to know you first? Did you trust or listen to the person? Why or why not?
2. What is unique about your relationship with your daughter? How is God working through your current circumstances, even if they're not ideal?

3. Has your daughter ever given you feedback that you took to heart? If so, what happened when you made changes? Did your relationship grow stronger?
4. Think of a time when you felt disillusionment with your daughter, disappointed that a moment fell short of expectations. What did you learn about fantasy versus reality?
5. Pride can ruin the parent-teen relationship. Has pride ever kept you from admitting when you were wrong? Are there past incidents you should apologize for to root out any resentment between you and your daughter?
6. What fun memory from your childhood can you replicate with your daughter now?

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SEE THE GOOD, LOVING HER AS SHE IS AND *WHERE* SHE IS

REFLECTION QUESTIONS

1. Describe yourself at age thirteen. Who loved you well (despite any awkwardness or rough edges) and cast a positive vision for your life?
2. When God looks at you, do you believe He sees a masterpiece with hidden potential? Why or why not?

3. How do your insecurities and personal baggage affect your view of your daughter? Do you ever treat her like your second chance or project your dreams and fears on her? Moving forward, how can you help her become who *she* is meant to be?

4. On a scale of one to ten, rate your daughter's self-esteem. When is she most confident and least confident? What does she base her identity on?

5. On a scale of one to ten, rate your self-esteem. When are you most confident and least confident? What do you base your identity on?

6. How do you think God sees your daughter? What can you learn from Him?

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HELP HER FIND GOOD FRIENDS AND POSITIVE INFLUENCES

REFLECTION QUESTIONS

1. Why do so many girls today struggle with friendships?
How can moms help without getting overly involved?

2. Describe a time when you and your daughter navigated
a tricky friend issue. What did you learn? What did she
learn?

3. Are adult friendships “fluid” like teen friendships? Why or why not?
4. Have you ever told your daughter “girls are mean”? Has your daughter told you this? What do you think of this statement?
5. What is your go-to friendship advice when your daughter is feeling down?
6. Name a friend who was in your daughter’s life for only a season yet left a positive impact. What do friendships like this—that are short-lived and come when we need them—teach us?

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1. When did your daughter's emotions intensify? How did that shift impact your relationship?

2. When your daughter gets emotional, do you mirror her or stay calm? What “tricks” allow you to remain a voice of reason? When you stay calm, how does your daughter respond?

3. On a scale of one to ten, how emotionally intelligent is your daughter? How emotionally intelligent are you? What triggers the worst in both of you?
4. Some girls never rein in their emotions. Why does this create trouble?
5. What healthy outlets allow your daughter to work through her emotions and channel them positively?
6. How have your emotions evolved over the years? Are you in a better place than you were five or ten years ago? Do you feel hormonal changes in your body presenting new challenges? Explain.

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ENJOY HER, LAUGH OFTEN, AND HAVE FUN

REFLECTION QUESTIONS

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1. When your daughter rejects an invitation to be with you, do you take it personally or move on and try again later?
2. What life stressors weigh heavily on your heart? How can you lighten your load and fight for joy?

3. What activities or interests draw you and your daughter closer? What new activity can you attempt?
4. What makes your daughter great company? What traits emerge in her (and you) when it's just you two?
5. What are your family traditions? Are there traditions you started when your daughter was a baby or little girl? Are there traditions you'd like to start now? Explain.
6. Describe a spontaneous moment with your daughter that felt magical. Why does living in the present lead to unexpectedly special moments?

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TAKE CARE OF YOURSELF AND HAVE A SUPPORT SYSTEM FOR HARD DAYS

REFLECTION QUESTIONS

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1. Name a time when you felt lonely, ignored, or misunderstood as a mom of a teenager. What, if anything, brought you comfort?

2. What makes you happy beyond your children? What adult relationships would you like to deepen to prepare for the empty-nester years?

3. Why is self-care essential for moms? How can we “mother” each other during this season of losing our parents?

4. “On a good day, a support system is a bonus. On a bad day, it’s a lifeline.” Do you agree? How can women build encouraging, uplifting communities?

5. Is there a secret dream in your heart? What passion would you pursue if you weren’t afraid to fail?

6. Do you believe God loves you and wants you to rest in His love? Why or why not?

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1. Name a terrifying time in your daughter's life when you realized your lack of control. How did it affect your faith?

2. On a scale of one to ten, how comfortable are you with prayer? Do you believe it makes a difference? Have you *seen* it make a difference? Do you doubt the power of your prayers or believe that other prayers are heard above yours? Explain.

3. What blessings in your life may have resulted from someone's prayers for you? Explain.

4. What trials did you face as a teenager that God carried you through? How has He worked in your daughter's trials? Does your daughter give God credit for His work in her life?

5. "The older our kids get, the more we go to God about our children than we go to our children about God." Do you agree? Why or why not?

6. Have you ever thought about your prayers outliving you? How does it change your prayer life knowing that you can impact a world you'll never see?

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