

Conversation Starters for Mothers and Daughters

- How do you prefer to communicate about the tough/uncomfortable stuff? (over ice cream, journal entries, right emails, private social media videos...)
 - What should our Code Word be for when it's been a tough, emotional day – and I need extra care, listening ear, no judgement, space, chocolate...
 - What is our plan for when I am in a situation that I need you to pick me up (party, middle of the night, pick me up around the corner, tell you what is going on without who is involved...)
 - What scares you?
 - I don't think you understand this about me...
 - The most important thing in my life right now is...
 - What keeps you awake at night?
 - When you look at me, what do you see?
 - I think we are alike because we both...
 - I think we are different because...
 - Who are your friends in your life you really can count on?
 - Something I could really use your help with is...
 - It makes me really feel loved and happy when you...
 - What is your most prized possession?
 - Right now, the big thing that all my friends are talking about is...
 - What is your passion in life right now?
 - When you are having a bad day, what helps cheer you up?
 - My favorite thing to do with you is...
 - What is the hardest thing about your day?
 - If you found a \$100 bill on the ground, what would you spend it on?
 - What are characteristics that you value most in your friends?
 - Sex, drugs, alcohol, bullying, mean-girls, eating-disorders, cuttings, cheating, stealing, pornography, social media addiction, peer-pressure, suicide, anxiety, depression... what questions do you have, what are you struggling with/have you struggled with, what are your friends struggling with?
-