



Developing Their Identity

1. Observe your teenager and describe how they show their search for identity and independence, and how they distance themselves from you (behaviors, reactions).
2. On a scale of 1 to 10, how do you feel about your teenager's distance from you (1 = very good, 10 = it bothers me a lot)?

Describe in more detail what your score means (your emotions, your reactions):

3. Set yourself a concrete challenge to help your teen develop their identity:

- In your relationship with your teenager:
- In supporting them:
- In overseeing them:
- In your interventions:

**I MAKE TIME FOR MYSELF.
I'VE ADDED TO MY AGENDA CONTINUING THE TEEN CIRCUIT
WITH THEME NUMBER 4!**