

The Connection Questions

Season 2 — *Tweens, Teens & Everything Between*

One question from every episode this season — small enough to ask on an ordinary day, built to open a door instead of demanding an answer. Keep this page close, and come back to a question anytime you need one.

EPISODE 1

The Threshold

“What’s something you’ve been figuring out lately — even if you haven’t figured it out yet?”

EPISODE 2

The Depleted Flame

“When did I last respond to my teen from a full tank, not an empty one — and what made that possible?”

“(Bonus, for your teen) What’s something that helps you feel like yourself again, even a little?”

EPISODE 3

The Bridge, Not the Script

“What’s one thing I do that actually helps, even if it’s small?”

EPISODE 4

Language, Understanding, Confidence

“Is there anything about this age that you wish adults understood better?”

EPISODE 5

The One Who Carries Them Home

“For the head: What did I understand today that I didn’t understand yesterday?”

“For the heart: What did I feel today that I haven’t said out loud yet?”

“For the gut: What did my body tell me today that I overrode?”

EPISODE 6

Their Own Threshold

“Is there a version of yourself you’re still figuring out right now?”

EPISODE 7

The Invitation

“What’s my biggest reaction to my teen actually about — them, or something older in me?”

EPISODE 8

Living the Invitation

“What threshold do you feel like you’re standing at right now?”
