

1. Why did you write *The Sacred Flight of the Teenager*?
2. Where can parents draw the line between getting involved and stepping back during their teen's "Sacred Flight"?
3. In your interviews, teens said that their parents didn't really know them. What teens wanted was to be accepted and regarded for who they are inside. If you want to discover who your teen really is, what things can you do?
4. Can you give parents some "talking tips" on how to have a conversation with their teens?
5. The Sacred Flight stresses that rules should be structured enough to promote healthy boundaries, yet flexible enough to allow for growth and exploration. How can families set rules in place, communicate and reinforce rules, execute the consequences of broken rules, and up the ante for serious or repeat offenses?
6. Teens are learning to put their feelings into words. How can parents help teens let their feelings out?
7. When risk-taking and experimentation overpower common sense, what things can a parent do?
8. As a teen gets older, parents have to make a mental shift to prevent conflict. What strategies are helpful now?
9. How can parents effectively teach teens responsibility-taking?
10. How do teens become an effective member of a group?
11. How do parents remain balanced while watching their teen take flight?
12. How can you encourage teens to identify and prioritize their values?
13. What do parents do that is annoying and is the one sure way for teens to tune you out?
14. What life lessons do teens teach adults?

