



# **10 Simple Questions** to create open dialogue in your home

Learn to be present, to listen, and to love well. Read more at [kimberlyroddy.com](http://kimberlyroddy.com).



### **Tell me about your day.**

Sounds easy enough. But don't use one-word answers or simple answers. Use this question to begin dialogue.



### **Where were you successful today?**

Celebrate the victories...even the small ones. Take time to listen well and rejoice with those who rejoice.



### **What was good for you today?**

Revel in the joys of the day! Enjoy hearing about the parts of the day that are worth re-living.



### **Where did you fail today?**

Don't be afraid of the difficult and painful parts of life. Often these can be doorways to the most meaningful conversation.



### **What frustrated you most today?**

We often internalize our frustrations. But we all need to be able to voice them and have someone share the burden.



### **What is one thing you learned today about yourself, others, or life?**

Every day is an opportunity to grow. How are you and the ones you love learning to live well? What lessons is life teaching you?



**How can I be a good/loving (dad, mom, brother, sister, friend, etc) to you today?**

Invite suggestions and listen well. Try to put into practice what you hear in the answers to this question.



**What are 3 things you are grateful for today?**

Gratitude can make the difference between a difficult day and an unbearable one. Cultivate thankfulness.



**How do you hope tomorrow will be different from today?**

What needs to change? What do you want to change? How will tomorrow's differences change you?



**How were you kind to someone today?**

Kindness is a simple but often forgotten part of our interactions with others. Let this question encourage a reclaiming of kindness.



KIMBERLY RODDY

# Effective conflict resolution

I work closely with parents, teens, and whole families to bridge relational, generational, and communication gaps. Let me help your family understand each other better and navigate the often difficult phases of life.

I am available for training and speaking in conferences, seminars, etc. I specialize in organizational identity and processes as well as youth culture and the particular challenges of emerging adults, including helping those who work and live with young people.

