



HEALTHY RELATIONSHIPS INITIATIVE

Toolkit for Teens

Conversation Starters #14: Getting Help for Problems in Your Relationship

1. If you and your partner were experiencing a problem, who would you seek out for help?
2. Are there specific people you would not want your partner to seek help from about relationship problems? If so, who and why?
3. How would you feel about seeing a counselor (either individually or with your partner) about a relationship problem?
4. If counseling is an option for you, what kind of person would you feel most comfortable working with?