About the Book

In *We’ve Been There: True Stories, Surprising Insights, and Aha Moments for Adopted Teens*, young adult adoptees share their feelings, thoughts, experiences, and wisdom. Every story is different and offers fresh insight teens need, and parents need too.

“We’ve Been There” Discussion Guide for Parents

Let’s talk about our kinship. What do we hope to gain by being together and sharing?

What was your overall impression of the book?

Overall, what new insights did you gain from reading these authentic stories?

Why do you think so many adoptees struggle emotionally in their teen years?

Did you notice that hurt and loss surface in different ways and in different intensities? Why do you think that is? What’s going on?

Many adopted teens isolate because they don’t know what to do with what they are feeling. Why do you think teens don’t open up?

Read between the lines. Look at how parents, friends, caregivers showed up to guide, encourage, connect, pray with, teach, and support their child even when things got hard and confusing. What can you learn from what they modeled?

Now that you know more about how some adopted young people think and feel how can you intentionally connect better with your teen? Do you feel better prepared now that you have a deeper understanding?

The storytellers coped in healthy and not-so-healthy ways. Talk about the many responses.

How did faith and trusting God make a difference for those who intentionally clung to the truth of their worth?

How did you feel about the reunion stories? Why?

What do you think motivated the storytellers to look in the rearview mirror and share?

How did this book impact you or change your perspective?

Are there lingering questions you are still thinking about?

**Touching on each story one by one, use the following questions below as you move through the chapters.**

What did you highlight or dog ear?  Discuss.

Which storyteller(s) resonates with you? Explain why.

What if anything would you like to ask the storyteller?

Some adoptees have trust issues. Some adoptees isolate when they don’t know what to do with their feelings. Discuss why teens isolate. Brainstorm ways to help them connect with you and peers.

Share good practices for connecting with our teens.

How will you parent differently after reading this book? Or not.

What criticism of the book or author would you like to share?