

The Get to Know Me Questionnaire

A Journey of Vulnerability



Vulnerability Meter



A Doorway Into Trust

This is for a young person and a trusted adult ready to drop the pretense. We are building a relationship where hard topics can be talked about with honesty and grace—without shame, fear, or pretending everything is simple.



This is not homework.

How We Do This

1. Pick only the questions you want today.
2. You can always say: Pass, Not yet, or Ask me later.
3. Guardian answers first. Keep it equal.

Current Comfort Level



Rate your comfort level right now.
1 = Uncomfortable, 5 = Totally Safe.

Part 1: The Warm Up

What's a small thing that makes your day better?

What's your comfort show / comfort movie?

What's a song you've had on repeat lately?

What's one food you'll never get tired of?

What's something you're into right now that most people don't know?

What's something you're proud of (even if it's small)?

What's one thing you wish people understood about you?



Part 2: Growing Up & Who You Are

8. What's a memory that shaped you?

9. What did you learn about emotions in your house growing up?

10. What did you learn about conflict? (Avoid it? Explode? Talk it out?)

11. What did you think "love" was when you were younger?

12. What did you think "being a good person" meant?

13. What's something you're still unlearning?

14. What's a fear you've carried (past or present)?

Guardian answers first.

Part 3: Friendship, Belonging & Pressure

15. What does a good friend feel like?

16. What does a bad friend feel like?

17. When do you feel most like yourself?

18. When do you feel like you have to perform?

19. What kinds of pressure do you feel (social, family, religious, online)?

20. What's the hardest part about your age right now?



Part 4: Faith, Values & Grace (The Honest Version)

21. When you hear the word "God," what do you feel first?

22. What's something you were taught about faith that helped you?

23. What's something you were taught that hurt you or confused you?

24. What do you think "grace" means in real life (not just a church word)?

25. What do you think forgiveness is supposed to feel like?

26. What do you hope faith becomes in your life as you grow?

Part 5: Dating, Relationships & What 'Healthy' Means

27. What do you think a healthy relationship looks like?

28. What are red flags you've noticed in relationships?

29. What are green flags you wish people cared about more?

30. What does respect look like when someone is attracted to someone?

31. What makes breakups so brutal for people?

32. What's one thing you wish people knew about your heart?

Part 6: Boundaries & Safety (The Trust Builders)

33. When do you feel safest talking to someone?

34. When do you shut down?

35. What's a boundary you want people to respect with you?

36. What's a boundary you want to get better at respecting with others?

37. If a conversation gets intense, what helps you regulate?

38. What does support look like when you're struggling?

Part 7: Sexuality & The Hard Topics

You can keep this general. Honesty includes “not yet”.

39. What messages have you picked up about sex from church, school, or the internet?

40. Which messages felt shame-based? Which felt helpful?

41. What do you think consent means in real-life language?

42. What do boundaries sound like out loud?

43. What do you wish adults understood about what young people deal with?

44. If porn is part of your world, what do you think it teaches people about sex/bodies?

45. What feels confusing about attraction, desire, or relationships?

46. What would you want a trusted adult to do if you told them something hard?



Part 8: The Agreement Questions

Making this a real safe space.

47. What would make you feel safe in these conversations?

48. What would make you stop talking?

49. What should we do if one of us gets overwhelmed?



50. What are the few situations where we need outside help for safety?

51. What's one topic you hope we can talk about eventually?

52. What's a first small step you're willing to take right now?

An illustration of a green and orange armchair, viewed from a three-quarter perspective, centered within a circular frame. The chair has a green backrest and seat, with orange accents on the armrests and base. The background of the circle is a light blue with a halftone dot pattern.

The Guardian Add-On

These questions are designed for the adult to answer first. Their purpose is to model appropriate vulnerability and prove that honesty is safe.

Vulnerability in Action (Guardian Questions)

A1. What I wish someone told me when I was your age about sex, relationships, and self-worth.

A2. One message I learned growing up that I now think was harmful.

A3. A mistake I made (or almost made) and what I learned from it.

A5. A fear I have as a guardian (and how I'm working on it).

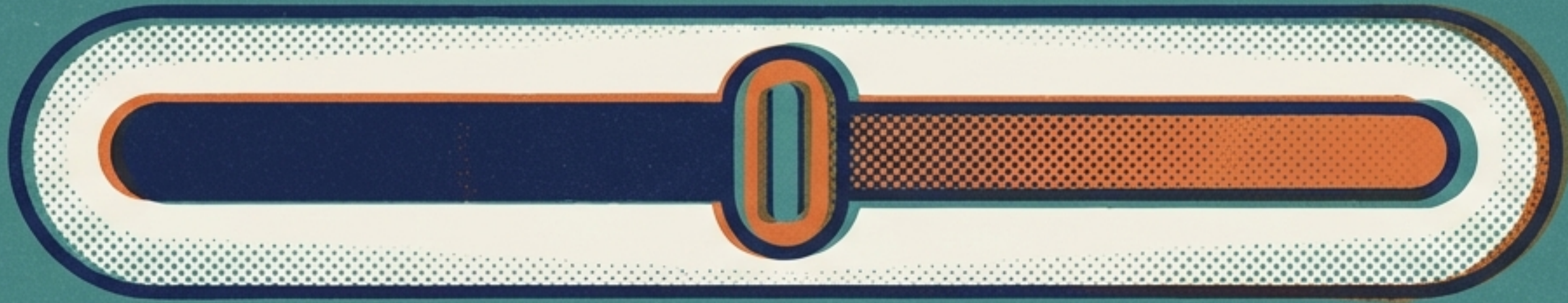
A6. What you can expect from me when you're honest (what I will/won't do).

A9. What I hope our relationship feels like five years from now.

A10. One reason I'm proud of you that has nothing to do with performance.

The Check-Out

How is your comfort level now?



Before: []

After: []

Did the number change? Why?

You Are Not Alone.



Thanks for doing this with me.
I'm proud of you.
We can go at your pace.
You're not alone.