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LICENSED MARRIAGE AND FAMILY THERAPIST #100542
Women. Couples. Teens. Groups

A TIME TO THRIVE THERAPY COLORING BOOK

Coloring Through the Teen Years

16 original designs and reflections for teens and parents



A creative companion to *Growing Up, Staying Connected*

Dr. Katherine Jewett, PsyD, LMFT

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START HERE

Find a page that fits today

Pick an image that draws you in. You can color without answering anything. If a question feels useful, think it through on your own or talk about it with someone you trust.

01 The Essence of Adolescence

Emotional spark 03

Social engagement 04

Novelty-seeking 05

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04 Staying Present Through Changes and Challenges

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If you also have Growing Up, Staying Connected, look for the matching concept in that guide. The coloring pages are original companion activities, not exercises taken from Siegel's book.

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What lit up?



WHILE YOU COLOR

Give the lantern a color for what others could see and another for what mattered to you. What might someone have missed if they only saw your reaction?

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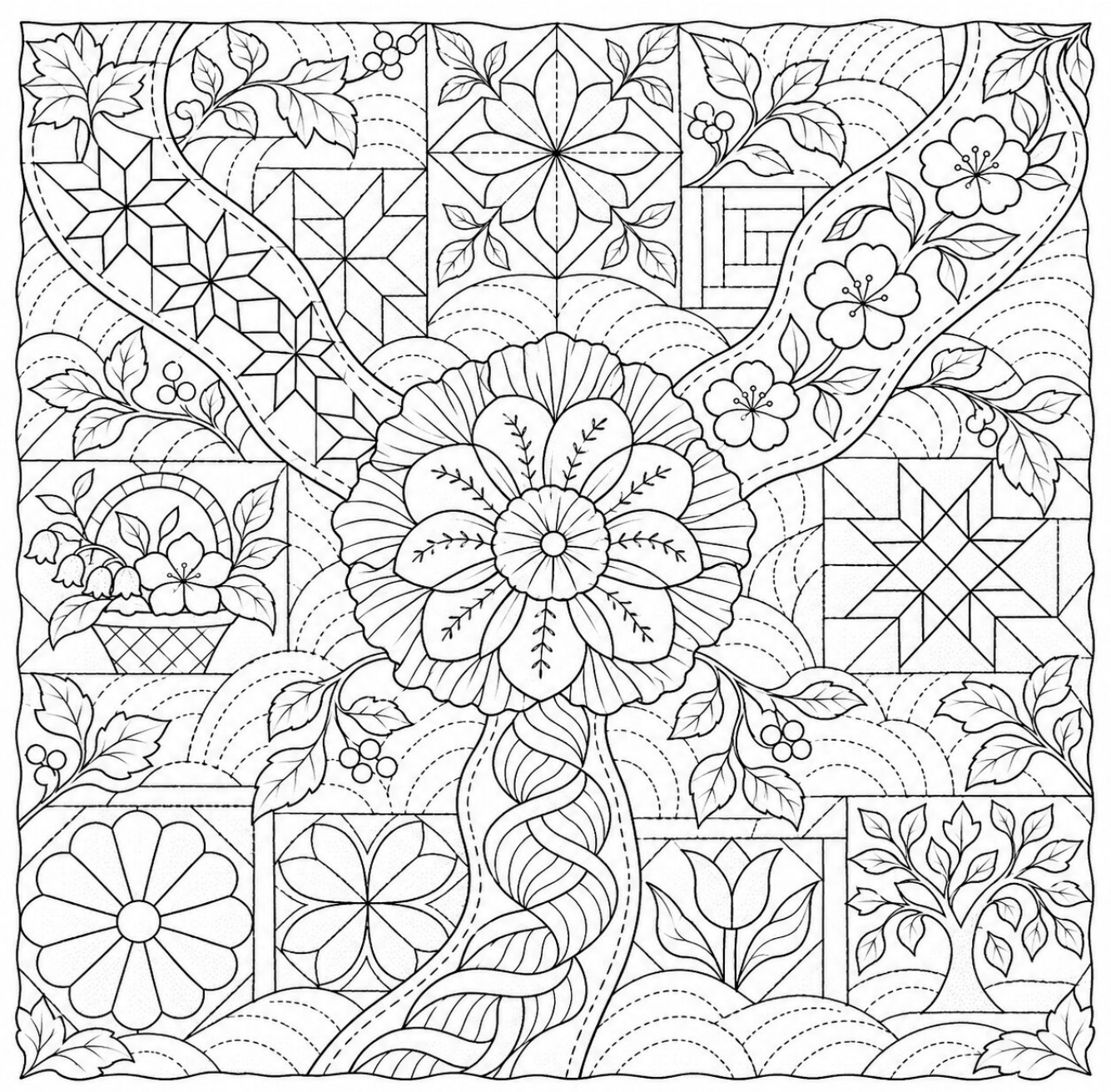
Where I belong



WHILE YOU COLOR

Give each route its own color and choose one color for where they meet. Where do you feel most like yourself around other people?

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Try a new route



WHILE YOU COLOR

Color the place you'd like to explore. Pick a second color for the steps or supports that would make trying something new feel doable.

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What else is possible?



WHILE YOU COLOR

Use two unexpected colors together. Think of an idea you'd like to try without needing to be good at it yet. What's the smallest version you could make?

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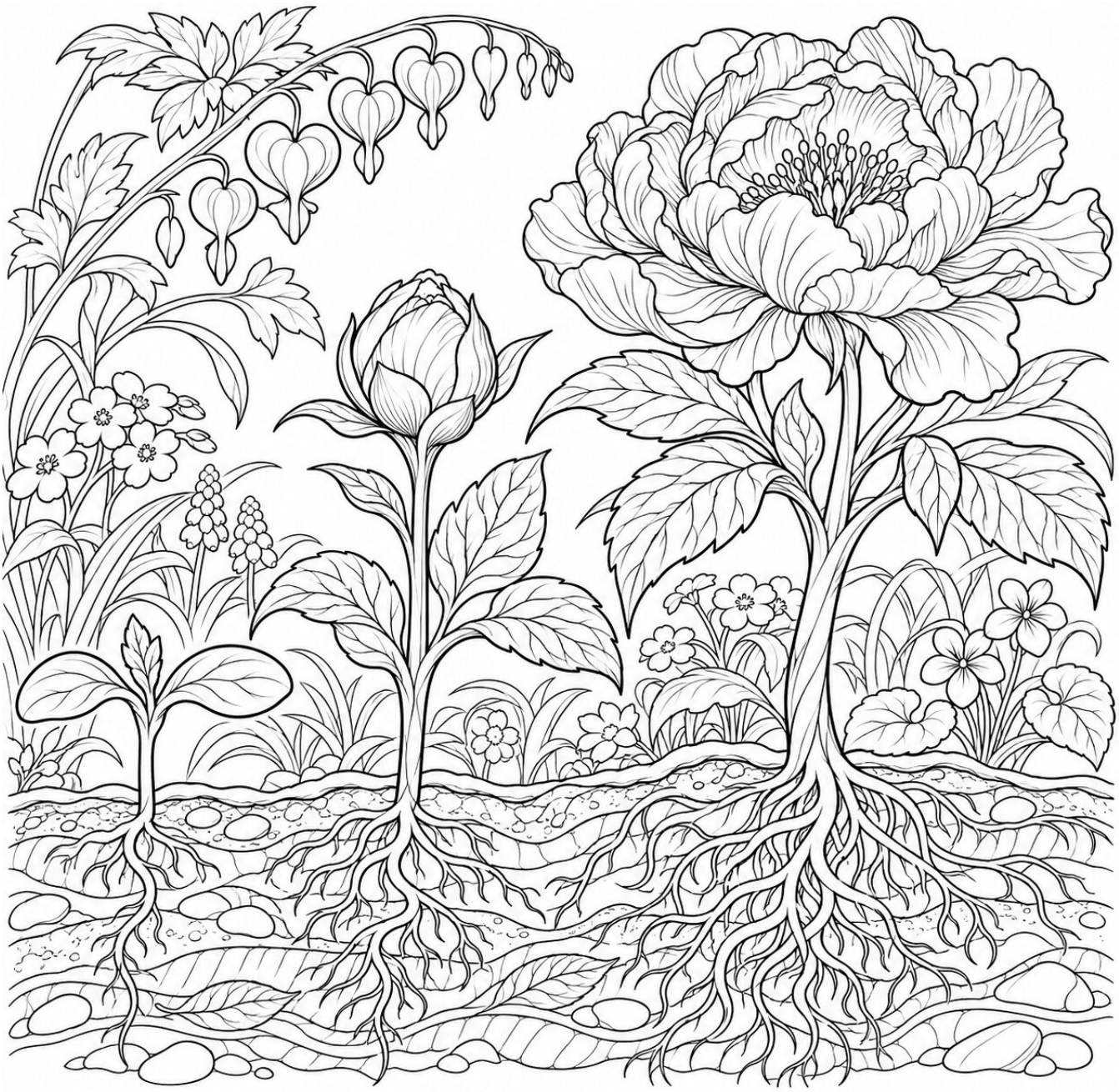
In my own time



WHILE YOU COLOR

Give each stage of growth its own palette. Notice that none of them has to skip ahead. Is there a place in your life where you'd like more time?

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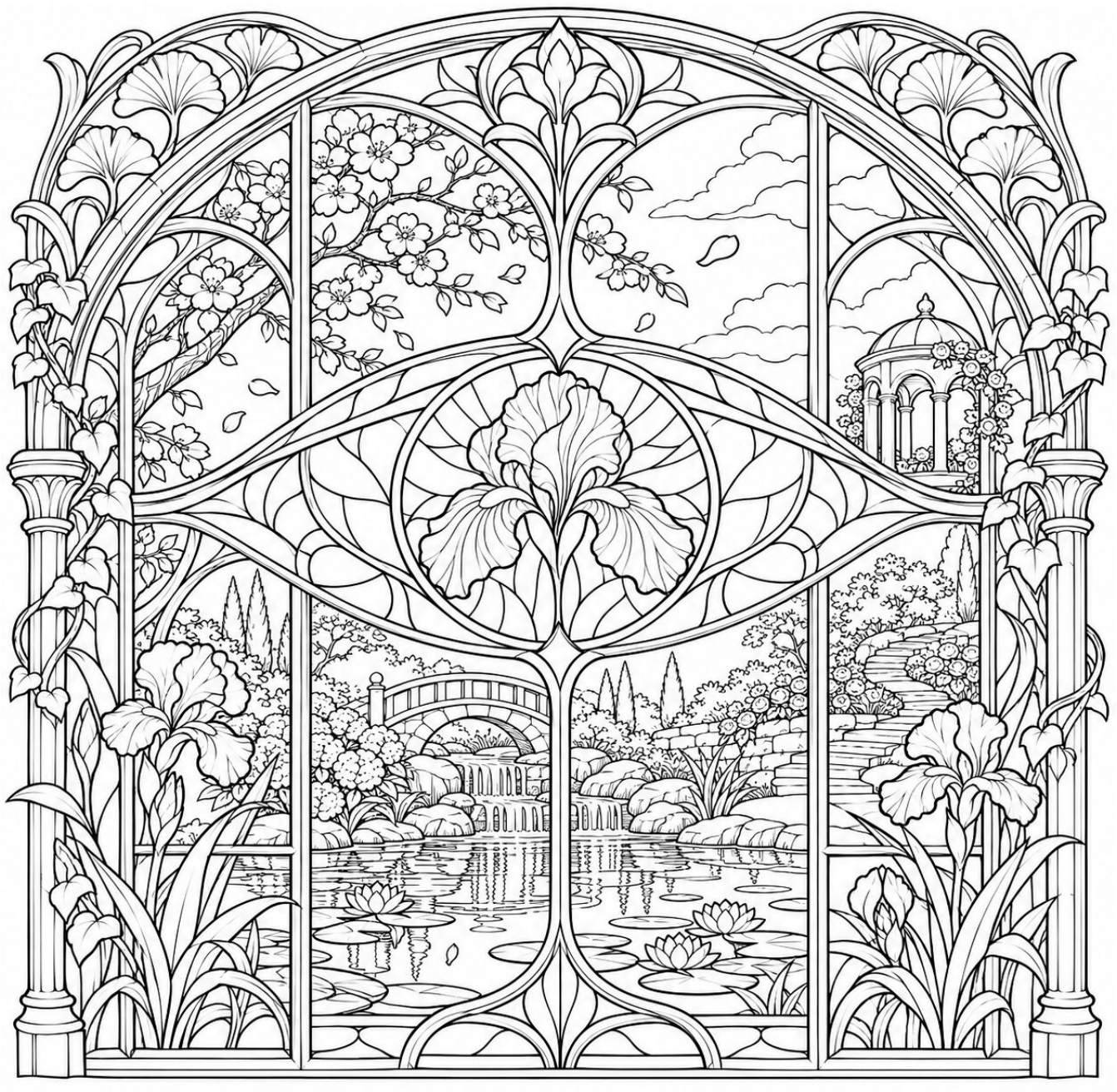
Look a little closer



WHILE YOU COLOR

Choose a color for what someone could see from the outside and another for what might be happening underneath. What’s one question you could ask instead of guessing?

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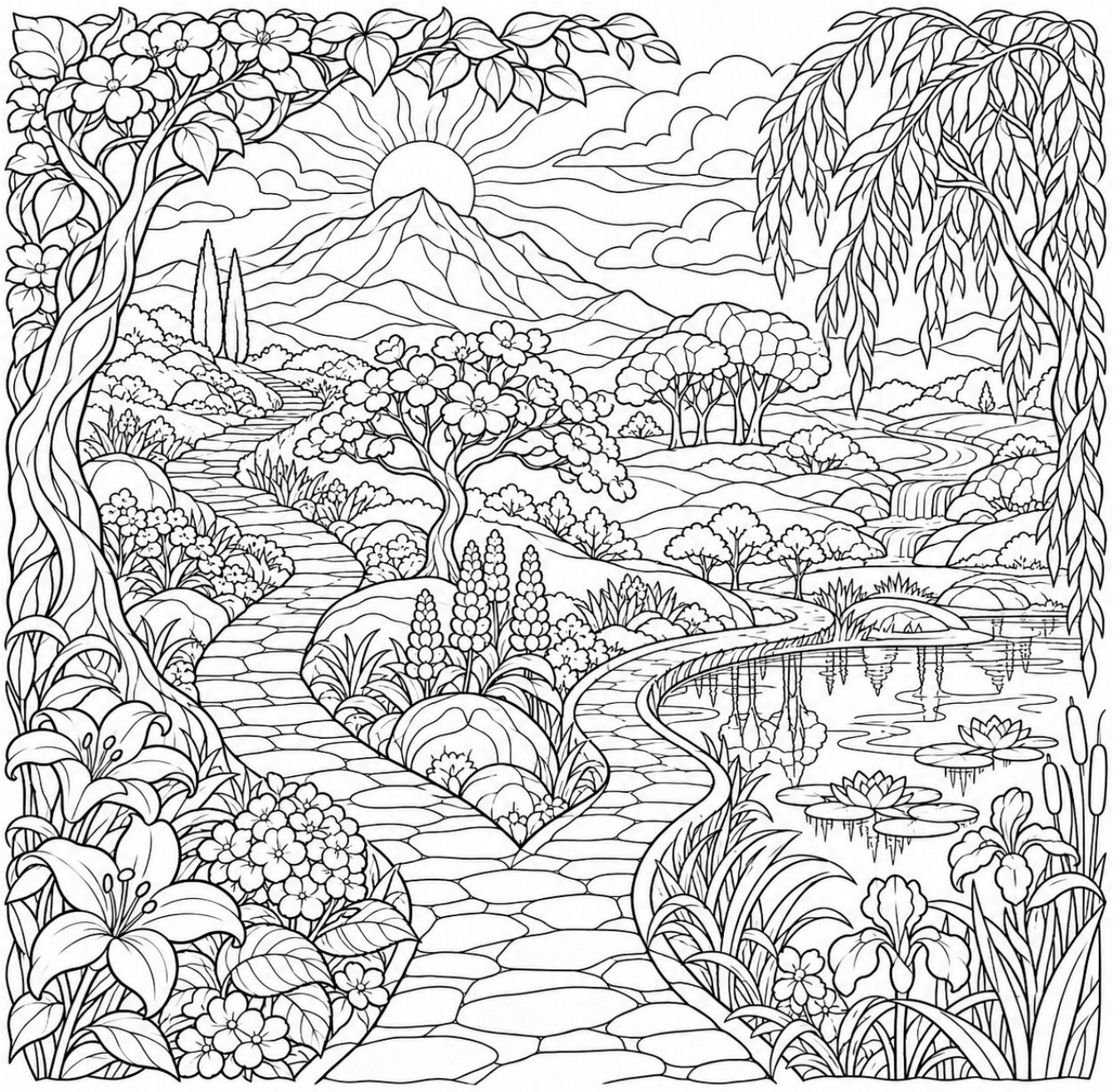
Look one step ahead



WHILE YOU COLOR

Color each route differently. As you work, think of a choice that feels tempting: What makes it appealing now? What might you wish you'd planned for later?

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Pause, then return



WHILE YOU COLOR

Color the wave for what it feels like when emotions are high, and the bridge for what helps you come back. What would make a pause easier to take?

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Room to go and return



WHILE YOU COLOR

Give the harbor and the open water their own colors. What helps you try things on your own? What makes it easier to ask for support afterward?

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Leave a way back



WHILE YOU COLOR

Follow the returning path with a color you'd want to see after a hard day. What could someone do to make it easier for you to come back and talk?

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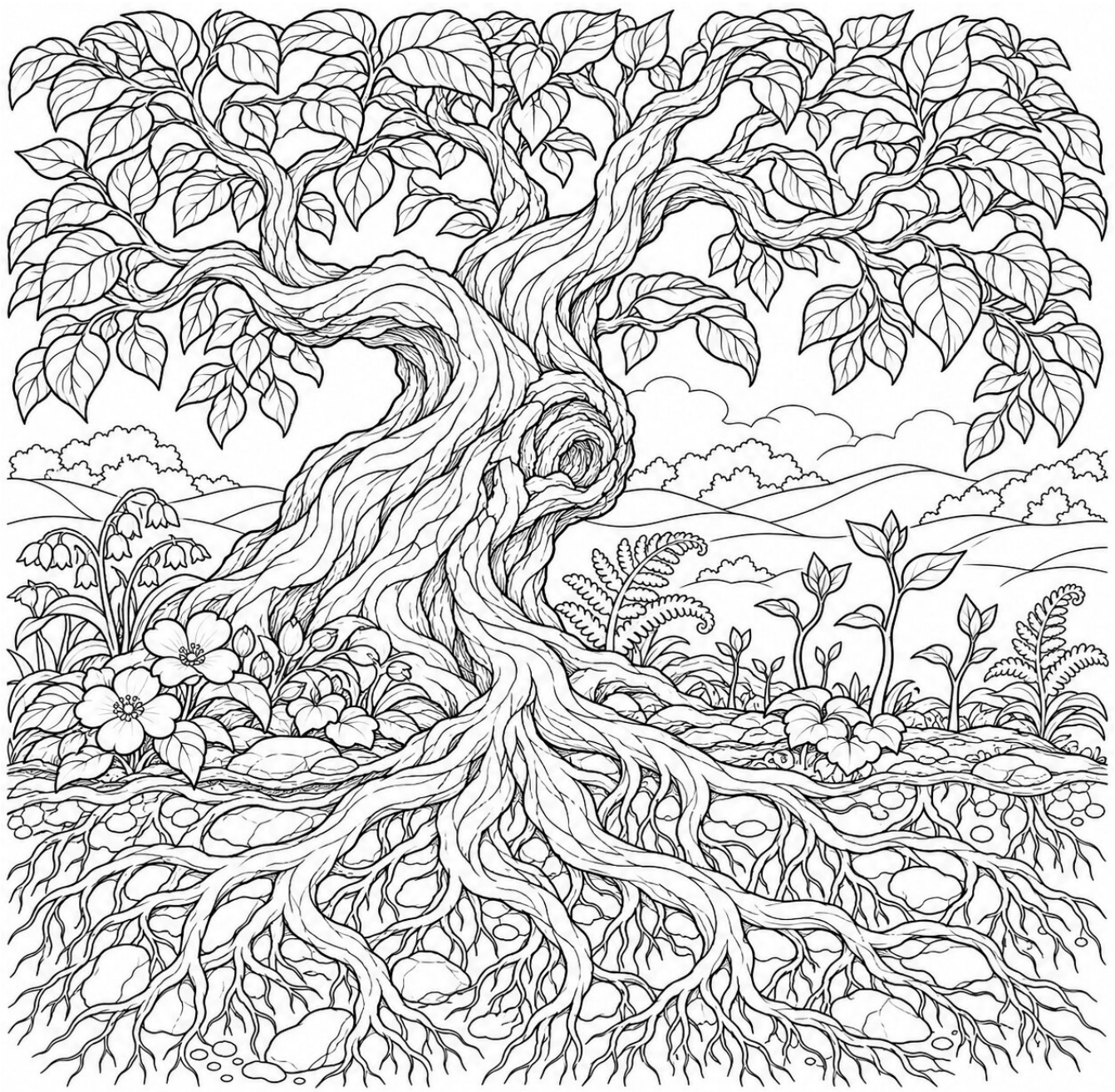
Old roots, new choices



WHILE YOU COLOR

Choose one color for the roots and another for the new growth. When a moment feels familiar, what might help you see what is actually happening this time?

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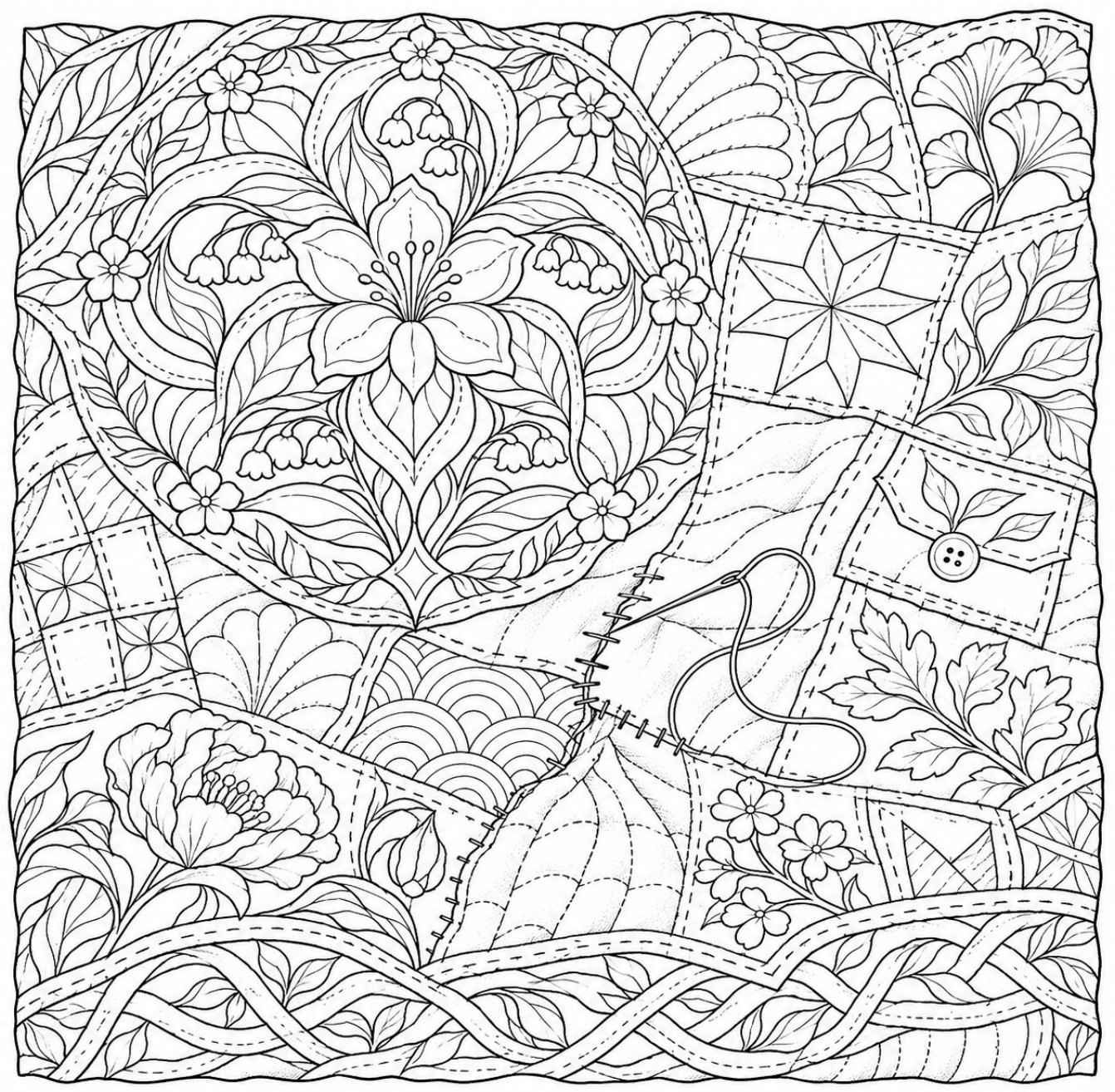
Mend what matters



WHILE YOU COLOR

Give the repair its own color instead of trying to hide it. Think about a disagreement: What could you make right without changing a boundary that matters?

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Find what matters



WHILE YOU COLOR

Color the compass first. Imagine two people choosing different directions because they care about different things. What might both of them be trying to protect?

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Make room to talk



WHILE YOU COLOR

Give both sides of the picture space and a color of their own. Would it feel easier to talk while walking, driving, or sitting side by side?

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I can ask for help



WHILE YOU COLOR

Use a bold color for the part that reminds you to reach out. Think of one person you could call, and the first few words you could actually say.

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A little time for us



WHILE YOU COLOR

Color one detail you might miss if you were rushing. What’s one small moment you’d like more of with someone you care about?

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