

 **Conclusion**

As we stated at the beginning of the chapter, inquiry is not without challenge. It is an art that takes practice and a willingness to be fully present, humble and authentic. No answers are necessary, simply holding a light for the teen to see themselves more clearly and offering a warm and accepting presence. Genuine curiosity helps to promote self-interest in a teen. It can encourage a teen to turn toward their experience with their own curiosity and with acceptance, creating the pathway for emotion regulation. This is the purpose and practice of inquiry. One important way to develop your inquiry skills is to stay curious about your own moment-to-moment experience and explore how you can offer yourself compassion when you become aware of struggle. Your personal practice remains the foundation to teaching others. Throughout Part IV, we have provided sample inquiry dialogues with corresponding notes that will further illustrate the points we've made in this chapter.

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