**Self Questions**

**Open**

What is your earliest memory? #Self #Reality

As a kid, what did you want to be when you grew up? #Self

What were your favorite toys as a kid? #Self #Home #Leisure

What were your favorite foods as a kid? #Self #Food

What were your favorite activities as a kid? #Self #Leisure #Home

What are your favorite foods? #Self #Food

How do you describe yourself as a person? #Self #Reality

How would people who have only met you once describe you? #Self #Reality

What places have you lived as a kid? #Self #Home

Did you move a lot as a kid? #Self #Home

What are your favorite movies? #Self #Leisure

What do you do to relax? #Self #Leisure

What are you favorite things to do on the weekend? #Self #Leisure

What do you do when you want to treat yourself? #Self #Leisure

What are your favorite movies? #Leisure #Self

What are your favorite TV shows? #Leisure #Self

What are your favorite candies? #Food #Self

What are your favorite snacks? #Food #Self

What are your favorite books? #Leisure #Self

What are your favorite sports? #Leisure #Self

Who are your favorite music artists? #Leisure #Self

What are your favorite websites? #Leisure #Self

What are things you are secretly prejudiced against? #Abstract #Self #Beliefs

What are things you hate? #Abstract #Self #Negative

What are things you secretly hate? #Abstract #Self #Negative

What are things you love? #Abstract #Self #Positive

What are things you secretly love? #Abstract #Self #Positive

At the end of your life, what will be your biggest regrets? #Abstract #Self #Negative #Death

At the end of your life, what will you be most proud of? #Abstract #Self #Positive #Death

At the end of your life, what will you hope to have achieved? #Abstract #Self #Positive #Death

At the end of your life, what will be most valuable to you? #Abstract #Self #Death

What do you think will be your final thought on your deathbed? #Abstract #Self #Death

What will people say about you at your funeral? #Abstract #Self #Death

What would your superpower be? #Abstract #Self

If you met a genie, what would be your 3 wishes (unlimited wishes not eligible)? #Abstract #Self

Who do you admire most? #Abstract #Self #Positive

What figure in history do you admire most? #Abstract #Self #Positive

Name any 3 people in history you would choose to have at your dinner table and why. #Abstract

What would cause you to never speak to a friend again? #Abstract #Negative #Friends

Why were you born? #Abstract #Beliefs #Self

If you could change one thing about your life, what would it be? #Abstract #Self

If you could change one thing about your looks, what would it be? #Abstract #Self

If you could go back in time, where would you go? #Abstract #Self

If you could only eat one meal, every meal, for the rest of your life, what would it be? #Abstract #Food #Self

If you were stuck on a deserted island, what 3 items would you want to have? #Abstract #Self

If you were stranded on an island, who would you want to share the island with? #Abstract #Self

If you could switch lives with someone for a day, who would it be? #Abstract #Self

If you could have a new identity, what would it be? #Abstract #Self

Which movie do you wish was your life? #Abstract #Self

If you could have any job you wanted, what would it be? #Abstract #self #Work

What does “family” mean to you? #Abstract #Family #Self

What does “integrity” mean to you? #Abstract #Beliefs #Self

What does “honor” mean to you? #Abstract #Beliefs #Self

What does “cowardice” mean to you? #Abstract #Beliefs #Self

What is your biggest pet peeve? #Abstract #Self #Negative

What makes you most irritated? #Abstract #Self #Negative #Angry

What makes you most angry? #Abstract #Self #Negative

What is your greatest fear? #Abstract #Self #Negative #Anxiety

Who is someone who really pushes your buttons and why? #Self #Angry #Disconnected #Negative

If you could be really amazing at one thing, what would it be? #Abstract #Self

Where do you see yourself 5 years from now? #Abstract #Self

Where do you see yourself 10 years from now? #Abstract #Self

Where do you see yourself 20 years from now? #Abstract #Self

How will your values be different 10 years from now? #Abstract #Self

What makes you jealous? #Abstract #Self #Negative

How do you deal with it when you’re feeling jealous? #Abstract #Self #Negative

How old do you feel? #Abstract #Self

How old is your spirit? #Abstract #Self

What is your deepest secret? #Abstract #Self

What do you hide from the people around you? #Abstract #Self

Would you say you have a dark side? #Abstract #Self #Negative

What is one thing you would like to change most about this world? #Abstract #Beliefs

Are you doing what you believe in, or are you settling in life? #Abstract #Beliefs #Self

Do you respect other people? #Abstract #Self

Do people respect you? #Abstract #Self

To what degree have you asserted control over the life you live? #Proactive #Self

If you were around people who started putting down a friend of yours, what would you do? #Abstract #Self #Friends

If you could offer a newborn baby only one piece of advice, what would it be? #Abstract #Self

What is the most quirky thing about you? #Self

What is the best thing about your personality? #Self #Positive

What are your greatest strengths? #Self #Positive

How can having a better attitude towards things benefit different areas of your life? #Self #Positive #Proactive

Can you think of an example of someone who has less than you makes the most out of their life? #Self #Proactive #Positive

What can you do today that you couldn’t do a year ago? #Self #Proactive #Positive

What will you be able to do a year from now that you can’t or aren’t doing today? #Self #Proactive #Positive

What are things you do when you are feeling down to cheer yourself up? #Self #Positive

What do you want most out of life? #Self #Positive #Proactive

Who is someone whose advice you really trust? #Self #Positive #Friends

What impact do you want to leave in this world? #Self #Positive #Proactive

What do you want to be remembered for? #Self #Positive #Proactive

What do you think people’s first impression of you are? #Self

What do you have that you can’t live without? #Self

How would you describe yourself in 5 words? #Self

What has been the greatest adventure of your life? #Self #Leisure

What type of situation could you see yourself being willing to kill? #Abstract #Death #Self

What type of situation could you see yourself willing to steal? #Abstract #Self

What type of situation are you willing to lie? #Abstract #Self

What type of situation could you see yourself willing to risk your life for another person? #Abstract #Self

What is the hardest thing to forgive? #Abstract #Self

What as an example in your life where you achieved something that you had previous thought impossible? #Self #Proactive #Positive

What is the biggest challenge to your life today? #Self #Negative

What makes you smile from the heart? #Self #Positive

What is a memory that always cheers you up? #Self #Positive

What motivates you when you feel like giving up? #Self #Positive

How do you handle when a friend gives you bad advice? #Self #Friends

What would you do in life if you lost the ability to feel fear? #Abstract #Proactive #Self

What’s stopping you from having the life that you want? #Self #Proactive #Positive

What are 3 ways you could overcome mental obstacles to do more with your life? #Self #Proactive #Positive

What can you do to become someone you would look up to? #Self #Proactive #Positive

What are ways you could be kinder to yourself? #Self #Proactive #Positive

What are ways you could treat yourself better? #Self #Proactive #Positive

What are ways you can motivate yourself to achieve your goals? #Self #Proactive #Positive

What were your new year’s resolutions? #Self #Proactive #Positive

If you were to have the perfect life, what would it look like? #Self #Proactive #Positive

How has fear prevented you from getting what you want? #Self #Proactive

How have doubts prevented you from getting what you want out of life? #Self #Proactive

When was the last time you tried something new? #Self #Proactive #Positive

What makes you want to do better? #Self #Proactive #Positive

If you ever wanted to be famous for a quote, what would that quote be? #Abstract #Self

What does love mean to you? #Abstract #Self #Love #Beliefs

Describe a time when you lost respect for someone you looked up to. #Reality #Disconnected

When did you not speak up for yourself when you should have? #Abstract #Self

When did you not speak up for someone else when you should have? #Abstract #Self

**Multiple Choice**

Have you ever considered suicide? #Abstract #Self #Death

1. Yes
2. No

Would you ever pick up a hitchhiker? #Abstract #Self

1. Yes
2. A cute one
3. No

Do you sometimes feel like a victim? #Negative #Self #Abstract

1. All the time (#Passive #Anxiety #Angry)
2. Every once in a while
3. Never (#Proactive)

Do you sometimes feel that no one gets you? #Negative #Self #Abstract

1. Yes (#Disconnected #Negative #Anxious)
2. Sometimes (#Disconnected)
3. Never (#Connected)

Do you wish you had more friends? #Friends #Abstract #Self

1. Yes
2. No

Are you more worried about doing things right, or doing the right things? #Beliefs #Self

1. Doing things right
2. Doing the right things

Would you ever move to another country? #Abstract #Self #Home

1. Yes
2. No

Could you go a week without speaking to another human being? #Self #Friends #Abstract

1. Probably
2. Probably not

Would you have kids outside of marriage? #Abstract #Self #Family

1. Yes
2. No

Is it better to be loved or feared? #Abstract #Self #Beliefs

1. Loved
2. Feared

Are you content with your life right now? #Abstract #Beliefs #Self

1. Yes
2. No

Is respect from others important to you? #Abstract #Beliefs #Self

1. Yes (#Connected)
2. No (#Disconnected)

Which is worse, failing or never trying? #Abstract #Self

1. Failing (#Passive)
2. Never Trying (#Proactive)

Are you able to keep secrets? #Abstract #Self

1. Yes
2. Sometimes
3. No

Do you feel comfortable talking to strangers? #Abstract #Self

1. Yes (#Proactive)
2. No (#Passive)

Would you ever commit a crime for money? #Abstract #Self

1. Yes
2. No

Do you believe in heaven? #Abstract #Death #Beliefs #Self

1. Yes
2. No

Do you believe in reincarnation? #Abstract #Beliefs #Self

1. Yes
2. No

Did you ever experience violence as a child? #Reality #Negative #Home #Self

1. Yes
2. No

Did you have a parent who suffered alcohol or substance abuse? #Reality #Self #Negative #Home

1. Yes
2. No

Did you grow up with a single parent? #Reality #Self #Home

1. Yes
2. No

Did you experience abandonment as a child? #Reality #Self #Home

1. Yes
2. No

Are you an indoor or outdoor person? #Self #Leisure

1. Indoor
2. Outdoor

Do you prefer to do things alone or with other people? #Self #Leisure #Friends

1. Alone
2. With Other People

Do you like people? #Self

1. Yes (#Connected)
2. Not really (#Disconnected)

Are you good at cooking? #Self #Food

1. Yes
2. Getting there
3. No

Were you a bedwetter? #Self

1. Yes
2. Sometimes
3. No

Do you have a stepparent? #Family #Self

1. Yes
2. No

Do you have step brothers/sisters? #Family #Self

1. Yes
2. No

Did you have a happy childhood? #Self #Family #Home

1. Yes (#Positive)
2. No (#Negative)
3. It’s complicated

**Quantitative**

(Q) How many siblings do you have? #Family #Self

(Q) How old were you when you stopped wetting the bed? #Self