

What is the most interesting thing you have learned recently?

(about yourself or in general)

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Remembering yourself as a child: What were your favorite things?

What made you feel excited?

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What do you fear most at the moment?

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Who is a person you admire? Why?

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What challenges are you facing right now?

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What is something that makes you feel small?

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What was happening in the world at the time of your birth, and how do you think it shaped who you are today?

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What turns you on?

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What do you love dearly?

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?

How do you deal with conflicts when you are at your worst?

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**How do you like
to be loved?**

?

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**Is there something
you need to
forgive someone
for?**

?

**Or forgive yourself
for?**

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**Given the choice
of anyone in the
world, who would
you want as a
dinner guest?**

Why?

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**What is
something you are
grateful for at the
moment?**

?

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**Is there something
that you've
dreamed of doing
for a long time?**

**If so, why haven't
you done it yet?**

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**What was your
last moment of
pure joy?**

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**In our current
times, what gives
you hope?**

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**If someone
covered your basic
cost of living,
what would you
do with your life?**

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**What skills or
qualities do you
see in other
people that you
envy?**

?

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**Who are two
people that
shaped your life
and how did they
do so?**

?

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If you knew that in one year you would die suddenly, what would you change about the way you are living now?

Why?

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Where or with whom do you feel at "home" (besides from your current address)?

Why?

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What is your relationship with religion?

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What do you sometimes pretend to be?

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You are lost in a jungle with a trombone, a sheet of aluminum, a pack of chewing gum and a set of keys. How do you save the world?

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What was the last thing you cried about?

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What's a recurring conflict in your life?

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What was a moment that made you feel embarrassed?

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What is something that made you feel proud?

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What do you do to forget about life for a while?

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If anything was possible, which problem in the world would you solve?

Why?

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What do you do for your personal well-being in your daily life?

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What are your two favorite dance moves?

Show them!

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How did the way money was dealt with in your family shape you?

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What is your best memory of great teamwork?

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What is some feedback you've gotten more than once?

And what did you do about it?

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What is a crazy dream that you remember?

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What did you work the hardest for in life?

Why?

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How is your well-being at the moment?

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What is one dream you have for your future?

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What's one of your earliest memories?

?

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Is there something you are addicted to?

?

What feels right about it?

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What are your greatest weaknesses?

?

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What were some moments in your life when you felt the most afraid?

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What is a topic that is difficult for you to talk about at the moment?

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When do you feel alone?

?

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What is your relationship with your work?

?

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What's the best advice you've been given?

?

Who gave it to you?

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How do you feel about death?

?

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What is a trait you inherited from one of your parents/caregivers that you really like or dislike?

?

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How is nature part of your life?

?

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What life experience or decision made the biggest impact on your life?

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What is something you love about yourself?

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What would you like to let go of?

?

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Who in your friend or family circle would you like to know better?

Why?

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Are you in a healthy relationship with technology?

Why?

?

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What is one of the most difficult things you've ever gone through?

?

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How were you as a teenager?

?

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What was your first love story?

?

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What's your relationship with your body?

How has it changed over time?

?

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**Do you ever feel
socially awkward?**

**When and with
whom?**

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**People are often
very surprised
when they
discover __ about
me. Why do you
think so?**

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**What is the story
you think others
have about you?**

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**Do you have a
heartbreak story?**

What is it?

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**When did you
think "oh no, not
again", last?**

Why?

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**When were/are
you happiest or
most content in
your life?**

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**What is the story
you think others
have about you?**

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