

**What is the most interesting thing you have learned recently?**

**(about yourself or in general)**

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**What is something that makes you feel small?**

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

**What made you feel excited?**

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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 do you fear most at the moment?**

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**What turns you on?**

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**Who is a person you admire?**

**Why?**

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**What do you love dearly?**

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**What challenges are you facing right now?**

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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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What was your last moment of pure joy?

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Is there something you need to forgive someone for?

Or forgive yourself for?

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In our current times, what gives you hope?

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

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What is something you are grateful for at the moment?

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

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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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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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What was the last thing you cried about?

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

Why?

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What's a recurring conflict in your life?

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What is your relationship with religion?

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What was a moment that made you feel embarrassed?

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What do you sometimes pretend to be?

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What is something that made you feel proud?

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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 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 is some feedback you've gotten more than once?

And what did you do about it?

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

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What is a crazy dream that you remember?

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What are your two favorite dance moves?

Show them!

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What did you work the hardest for in life?

Why?

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

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How is your well-being at the moment?

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What is your best memory of great teamwork?

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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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When do you feel alone?

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Is there something you are addicted to?

What feels right about it?

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What is your relationship with your work?

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What are your greatest weaknesses?

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

Who gave it to you?

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

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How do you feel about death?

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

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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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Are you in a healthy relationship with technology?

Why?

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

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

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What is something you love about yourself?

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How were you as a teenager?

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What would you like to let go of?

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What was your first love story?

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

Why?

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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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Do you have a heartbreak story?

What is it?

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

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

Why?

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What is the story you think others have about you?

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

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