

GREAT QUESTIONS FOR ANYONE

1. What was the happiest moment of your life? The saddest?
2. Who was the most important person in your life? Can you tell me about him or her?
3. Who has been the biggest influence on your life? What lessons did they teach you?
4. Who has been the kindest to you in your life?
5. What are the most important lessons you've learned in life?
6. What is your earliest memory?
7. Are there any words of wisdom you'd like to pass along to me?
8. What are you proudest of in your life?
9. How has your life been different than what you'd imagined?
10. How would you like to be remembered?
11. Do you have any regrets?
12. What does your future hold?
13. Is there anything that you've never told me but want to tell me now?

GROWING UP

1. When and where were you born?
2. Where did you grow up and what was it like?
3. What were your parents like?
4. Who were your favorite relatives?
5. Do you remember any of the stories they used to tell you?
6. Did you get into trouble? What was the worst thing you did?
7. Do you have any siblings? What were they like growing up?
8. What did you look like?
9. How would you describe yourself as a child? Were you happy?
10. What is your best memory of childhood? Worst?
11. Did you have a nickname? How'd you get it?
12. Who were your best friends? What were they like?
13. What did you think your life would be like when you were older?
14. Do you have any favorite stories from your childhood?

GREAT QUESTIONS FOR GRANDPARENTS

1. How did you and grandma/grandpa meet?
2. What was my mom/dad like growing up?
3. Do you remember any songs that you used to sing to her/him? Can you sing them now?
4. What were your parents like? Your grandparents?

GREAT QUESTIONS FOR PARENTS

1. Do you remember what was going through your head when you first saw me?
2. How did you choose my name?
3. What was I like as a baby? As a young child?
4. Do you remember any of the songs you used to sing to me? Can you sing them now?
5. What were my siblings like? What were the hardest moments you had when I was growing up?
6. If you could do everything again, would you raise me differently?
7. What advice would you give me about raising my own kids?
8. What are your dreams for me?
9. Are you proud of me?

RAISING CHILDREN

1. When did you first find out that you'd be a parent? How did you feel?
2. Can you describe the moment when you saw your child for the first time?
3. How has being a parent changed you?
4. What are your dreams for your children?
5. Do you remember when your last child left home for good?
6. Do you have any favorite stories about your kids?

LOVE & RELATIONSHIPS

1. Do you have a love of your life?
2. When did you first fall in love?
3. What was your first serious relationship?
4. Do you believe in love at first sight?
5. What lessons have you learned from your relationships?

SCHOOL

1. Did you enjoy school? What kind of student were you?
2. What would you do for fun?
3. How would your classmates remember you?
4. What are your best memories of school? Worst memories?
5. Was there a teacher who had a particularly strong influence of your life? Tell me about them.
6. Do you have any favorite stories from school?

WORKING

1. What do you do for a living? What led you to that work?
2. Do you like your job?
3. What did you want to be when you grew up?
4. What lessons have you learned from working?

RELIGION & SPIRITUALITY

1. Can you tell me about your religious beliefs/spiritual beliefs? What is your religion?
2. Have you experienced any miracles?
3. What was the most profound spiritual moment of your life?
4. Do you believe in God?
5. Do you believe in the after-life? What do you think it will be like?

SERIOUS ILLNESS

1. Can you tell me about your illness?
2. If you could speak to yourself before you became ill, what would you say?
3. At this time in your life, what nourishes your heart/soul/spirit?
4. Has this illness changed you? What have you learned?
5. Do you look at your life differently now than before you were diagnosed?

CAREGIVING

1. Describe how you felt when you first learned of your loved one's condition.
2. How has their condition impacted your life?
3. When did you first realize that you were going to be taking on caregiving responsibilities?
4. How has being a caregiver changed your life?
5. What have you learned from this experience?
6. What is the most stressful part of caregiving? The most rewarding part?

REMEMBRANCE

1. Tell me about a vivid memory you have of [name].
2. Describe what they looked like.
3. What about [name] made you smile?
4. What are the things you miss most about them?
5. Tell me what your relationship with them was like.
6. What are your favorite jokes or anecdotes that they used to share?
7. What is something special about [name] you would want others to know.
8. How are you different from before you lost [name]?
9. What has helped you in your grief?
10. If you could talk to them right now, what would you say?