



40 questions to build connections

Ask open ended questions. If it is difficult to get started, prompt "Tell me about it..."

1. What do you know about your birth story?
2. Where were you born?
3. What is your first memory?
4. Where did you live?
5. Where did you go to school?
6. What did you like to learn about?
7. Did you struggle or excel with learning?
8. How many places have you lived?
9. Did you have a close childhood friend?
10. Were finances tight or comfortable? How did that affect you?
11. What did you want to be as an adult?
12. Tell me about your favorites (meals, colors, songs, outfits, etc.)
13. Were you a dreamer or reality based? Are you still?
14. Tell me about your least favorites (cue from #10)
15. What were you afraid of?
16. What made you feel safe?
17. Will you share an embarrassing moment?
18. Was there someone who made you feel loved?
19. Who could you confide in?
20. Were there traditions that meant something to you? Do you continue those now?
21. What makes you feel special?
22. Were you ever... (in band, plays, etc.)?
23. Did you have your own room? What was it like?
24. Were there any family vacations?
25. Who taught you an important life lesson?
26. Tell me about your parents, what were they like?
27. Parents occupations? Names? History?
28. Do you know how they met?
29. What current events were happening that your parents would have read in the papers?
30. Did they discuss things with you? Why/why not?
31. What do you wish you had known when you were younger?
32. Are there any skills you admire?
33. Do you enjoy travelling? If money were no object, where would you go?
34. What is your favorite season?
35. What do you wish people understood about you?
36. What is your current favorite (song, scripture, game, book, and movie)?
37. Are there any unfulfilled longings you want to tell me about?
38. What is the hardest thing you have ever gone through?
39. What brings you the most joy?
40. What is your greatest strength/ weakness?