personal history questions

**Childhood**

■ What was your childhood home like?

■ Your neighborhood?

■ Was your parents’ relationship a strong one?

■ Which of them were you closer to?

■ When you were growing up, what was the biggest disagreement you ever had with your parents?

■ What was your role in the family?

■ What were your siblings like back then, and how did you get along with them?

■ At school, what were you like?

■ Other than family, who were the most important people in your life when you were growing up?

■ What were the happiest times of your childhood?

■ What were your biggest disappointments?

■ What were your hobbies as a kid?

■ Who was the first person you ever kissed?

■ Tell me about your first serious romance.

■ When you were a kid, what did you imagine your adult life would be like?

**Work**

■ What was your first job, and how did you get it?

■ How did you decide what field to enter?

■ Did your parents influence your approach to work or your choice of career?

■ Was money a big factor for you?

■ Was there one person—a mentor,maybe—who had a big impact on your working life?

■ Is there anything you think is absolutely crucial to success at work?

■ What was the best job you ever had? The worst?

■ When you were a kid, what did you imagine your adult life would be like?

■ Did your career have any major turning points?

■ What were the best moments of your working life? Any lingering regrets?

■ On balance, how did you like your chosen field?

■ If you had it all to do over again, would you choose the same path?

**Love and Family**

■ Were you and your spouse in love from the start, or did the relationship take time?

■ When did you decide to have children?

■ Over the years, what was the most rewarding thing about raising kids?

■ The toughest?

■ What do you remember as the best times you had as a family?

■ Which family vacation was your favorite?

■ What was the worst thing you went through with your family?

■ Did you dream about doing anything special once I’d/we’d all grown up?

■ What are the secrets to a good relationship or marriage?

■ Do you have any advice about being a good parent?

■ Is there anything you’d do differently as a mother/father now?

■ Would you try to do anything differently as a spouse?

■ What would you say love is? Have your ideas about it changed over time?

■ Now that you’re all adults, what are your relationships like with your siblings?

■ How are you like your parents? How are you different?

■ Who in the family is most like you?

■ What have you always regretted not asking your parents?

**You and Me**

■ Is there anything you’ve never been able to ask me or say to me?

■ In what ways do you think we’re similar? In what ways different?

■ What were your favorite times with me?

■ Is our relationship anything like the one you had with your parents?

■ Are you happy with the way you and I get along?

■ Is there anything you wish had been different between us? That you’d still like to change?

**You as You**

■ Who knows you better than anyone?

■ Other than family, who are the most important people in your life right now?

■ What’s the key to a great friendship?

■ Who makes you laugh the hardest?

■ Do you have a favorite book or author?

■ A favorite movie?

■ What was the best trip you ever took?

■ The most amazing place you’ve seen?

■ If you could go somewhere you’ve never been, where would it be?

■ Would you rather be living somewhere else?

■ What are five things you couldn’t live without?

■ What’s your most beloved personal possession?

■ What’s the bravest thing you’ve ever done?

■ The scariest? The dumbest?

■ Is there anything you always wanted to do but never did?

■ What would I be surprised to learn about you?

**The Kind of Life You’ve Lived**

■ What were the best years of your life?

■ What was the hardest decision you’ve made?

■ What are the most important things in life?

■ What do you consider to be your strongest character traits?

■ What traits or habits do you wish you didn’t have?

■ Do you believe that people can change?

■ Do you believe in God?

■ Has life made you more cynical or more hopeful?

■ What do you consider to be the most important world events of your lifetime?

■ Do you think life now is harder or easier than when you were young?

■ If you could do anything over in your life, what would it be, and what would you do differently?

■ What are you most proud of?

■ What do you hope to be remembered for?