

## **CELEBRATING**

- WOULD YOU SAY THAT YOU ARE A "PARTY ANIMAL"?
- WHAT IS YOUR FAVORITE HOLIDAY? WHY IS IT SO SPECIAL?
- WHAT DO YOU CELEBRATE?
- HOW SPONTANEOUS A PARTY PERSON ARE YOU?
- DO YOU CELEBRATE OFTEN OR ONLY FOR BIG MILESTONES OR ACCOMPLISHMENTS?
- DO YOU ENJOY GOING TO PARTIES?
- WHEN AND WHAT WAS YOUR LAST CELEBRATION?
- WHAT KIND OF PARTY DO YOU ENJOY MOST?
- DO YOU SEND BIRTHDAY CARDS?
- DO YOU ENJOY RECEIVING CARDS FOR BIRTHDAYS, HOLIDAYS AND SPECIAL OCCASIONS?
- DO YOU ENJOY HALLOWEEN? WHAT KIND OF COSTUMES HAVE YOU WORN IN THE PAST?
- ARE BIRTHDAYS, ANNIVERSARIES ETC. SPECIAL OCCASIONS OF CELEBRATION FOR YOU?
- DO YOU ENJOY LOOKING THROUGH OLD PHOTO ALBUMS?
- DO YOU ALWAYS CELEBRATE YOUR BIRTHDAY?
- DO YOU EVER HELP IN THE PLANNING AND ARRANGEMENTS FOR BIRTHDAYS, HOLIDAYS, AND SPECIAL CELEBRATIONS?
- DO YOU ENJOY SENDING CHRISTMAS OR HOLIDAY CARDS? IS IT A BIG PRODUCTION FOR YOU?

- DO YOU FIND IT EASY OR DIFFICULT TO "BECOME LIKE A KID AGAIN"?
- DO YOU AVOID OR ASSOCIATE WITH PEOPLE WHO GRIPE AND COMPLAIN CONSTANTLY?
- WHO IS THERE IN YOUR LIFE THAT IF YOU SPENT MORE MEANINGFUL TIME WITH, WOULD BRING YOU AND THEM MORE HAPPINESS?
- ARE YOU AFRAID TO LOOK SILLY?
- BEING WITH WHICH OF THESE PEOPLE MAKES YOU HAPPY? MOTHER? FATHER? BROTHERS? SISTERS? GRANDMOTHER? GRANDFATHER? UNCLES? AUNTS? COUSINS? NIECES AND NEPHEWS? NEIGHBOR?
- ARE YOU GENERALLY HAPPY WHEN TALKING WITH PEOPLE?
- WOULD YOU DESCRIBE YOURSELF AS ALMOST ALWAYS HAPPY AND CHEERFUL?
- ARE YOU EVER HAPPY ON THE INSIDE, BUT LOOKING SAD ON THE OUTSIDE?
- DO YOU EVER APPEAR HAPPY ON THE OUTSIDE BUT ARE UNHAPPY INSIDE?
- DO YOU MORE EASILY SMILE OR FROWN?
- WHAT CAN YOU DO TO PUT MORE JOY INTO YOUR LIFE?
- HOW CAN YOU TELL THAT SOMEONE IS HAPPY?
- WHAT SHOWS YOU ARE HAPPY?
- HOW OFTEN DO YOU LAUGH OUT LOUD?
- DO YOU GET ENJOYMENT FROM WATCHING CHILDREN PLAY?
- HOW EASILY DO YOU HAVE A GOOD TIME?
- CAN YOU LAUGH AT YOURSELF??
- DO YOU EVER PLAY FIRST AND WORK LATER?
- HOW OFTEN DO YOU SING OUT LOUD?
- ARE YOU HAPPY ABOUT LIFE AND ITS POSSIBILITIES FOR YOU?
- DO YOU LAUGH AT LEAST ONCE A DAY?
- DO YOU EXPECT TO FIND CONTENTMENT OUTSIDE YOURSELF?
- DO YOU FIND THAT CHEERING UP SOMEONE ELSE WHO NEEDS IT MAKES YOU HAPPY TOO?
- WHEN YOU ARE HAPPY WHAT DO YOU FEEL?
- WHEN WAS A TIME YOU FELT HAPPY AND SAD ABOUT THE SAME THING?
- DO YOU LOOK FOR WAYS TO BRIGHTEN YOUR DAY?
- WHAT IS SOMETHING THAT MAKES YOU REALLY HAPPY?
- WHAT IS SOMETHING THAT ALWAYS MAKES YOU LAUGH?
- WHEN YOU ARE STRESSED OR UPSET DO YOU REMEMBER SOMETHING THAT BRINGS YOU ENJOYMENT?
- WHAT IS A HAPPY MEMORY YOU TREASURE?
- WHEN WAS A TIME YOU WERE NATURALLY HIGH?
- WHAT IS SOMETHING THAT GIVES YOU GREAT SATISFACTION?
- DO YOU WAIT FOR OTHER PEOPLE TO LAUGH OR EXPRESS JOY BEFORE YOU DO?
- ARE YOU HIGH ON LIFE?
- WHEN WAS A TIME YOU REMEMBER FEELING TOTALLY ALIVE AND IN TOUCH WITH THE WORLD?
- WHEN WAS AN EXTREMELY HAPPY OR PEAK MOMENT? DID IT CHANGE YOU?
- WHAT ARE YOU POSTPONING DOING TODAY THAT WOULD MAKE YOU REALLY HAPPY?
- CAN YOU THINK OF 3 TIMES IN THE LAST WEEK WHEN YOU WERE HAPPY? WHAT WERE THEY?
- DO YOU ENJOY SEEING TO IT THAT EVERYONE HAS A GOOD TIME?
- WHAT WOULD IT TAKE TO MAKE YOU AS HAPPY AS POSSIBLE?
- WHAT IS YOUR IDEA OF A HAPPY VACATION?
- WHAT ARE 3000 THINGS THAT MAKE YOU HAPPY?
- DO YOU FEEL YOU HAVE A HEALTHY SENSE OF HUMOR?
- HOW EASILY DO YOU LAUGH?
- WHAT IS SOMETHING YOU HAVE FUN DOING THAT YOU DO WELL?
- WHAT IS SOMETHING YOU HAVE FUN DOING THAT YOU DON'T DO VERY WELL?
- HOW MUCH OF THE INNER SPIRIT OF PLAYFULNESS OF CHILDREN HAVE YOU HELD ONTO?
- WHAT DO YOU DO FOR THE SHEER FUN OF IT?
- HOW GOOD ARE YOU AT MAKING PEOPLE LAUGH?
- DO YOU MIND LOOKING RIDICULOUS IN THE NAME OF GOOD FUN?

