

## **PAST**

### **EXPERIENCES**

- WHAT IS YOUR GENERAL FEELING ABOUT YOUR PAST?
- DOES EXPLORING THE EVENTS AND FEELINGS OF YOUR PAST SCARE YOU?
- DO YOU ENJOY OR ARE YOU HESITANT TO TALK ABOUT YOUR PAST WITH OTHERS?
- IN GENERAL WHEN YOU LOOK BACK ON YOUR PAST DO YOU FEEL PRIVILEGED OR CHEATED?  
GRATEFUL OR RESENTFUL?
- WHEN WAS A SPECIAL MOMENT?
- WHEN WAS A TIME YOU DID SOMETHING ON YOUR OWN?
- WHAT WERE THE TEN MOST SIGNIFICANT EVENTS OF YOUR LIFE? WHY? HOW DID YOU FEEL DURING THEM? HOW HAVE THEY SHAPED YOU INTO WHAT YOU ARE TODAY?
- WHAT IS SOMETHING YOU NEVER WANT TO DO AGAIN?
- WHAT WAS THE PERIOD OF YOUR LIFE YOU LIKED BEST?
- WHAT WAS THE PERIOD OF YOUR LIFE YOU LIKED LEAST?
- IF YOU COULD GO INTO THE PAST AND REVERSE ANY DECISION YOU MADE WHICH ONE WOULD YOU CHANGE?
- WHAT WERE THE TURNING POINTS OF YOUR LIFE? WHAT MADE THEM SO? HOW DID THEY AFFECT YOUR GROWTH?
- WHICH WAS YOUR FAVORITE BIRTHDAY?
- WHAT WAS YOUR MOST MEMORABLE DAY?
- WHAT WAS THE WORST THING THAT EVER HAPPENED TO YOU?
- WHAT WAS SOMETHING YOU SAW OR HEARD THAT NO ONE ELSE DID?
- DO YOU EVER REINTERPRET YOUR PAST?
- IF YOU COULD RELIVE ONE DAY IN YOUR LIFE WHICH WOULD YOU PICK?
- WHAT DID YOU LIKE LEAST ABOUT YOUR LIFE AT TEN YEARS OLD? AT FIFTEEN? AT TWENTY?
- WHAT WERE THE HIGH POINTS AND LOW POINTS AT TEN YEARS OLD? AT FIFTEEN? AT TWENTY?
- WHAT WERE THE TURNING POINTS AT TEN YEARS OLD? AT FIFTEEN? AT TWENTY?
- WHAT WAS SOMETHING UNPLEASANT IN YOUR PAST?
- WHAT WAS SOMETHING PLEASANT ABOUT YOUR PAST?
- WHAT DID YOU WANT TO BE WHEN YOU WERE 4 YEARS OLD? SEVEN? TEN? WHAT APPEALED TO YOU THEN ABOUT THOSE THINGS?
- WHEN WAS THE FIRST TIME YOU DANCED IN PUBLIC?
- WHAT WERE THE PLACES YOU VISITED?
- WHAT DO YOU BLOCK OFF AS THE MAJOR CHAPTERS OF YOUR LIFE? WHAT PEOPLE WERE THE PRIMARY ONES FOR YOU IN EACH PERIOD?
- WHAT WAS A DISAPPOINTING EXPERIENCE?
- ARE YOU A LOVER OF THE OLD DAYS OR DO YOU FEEL THE BEST IS YET TO COME?
- WHEN WAS THE BEST CHRISTMAS OR OTHER RELIGIOUS HOLIDAY YOU EVER HAD?
- WHAT ARE YOUR JUNIOR HIGH YEARS MEMORIES?-BEST TEACHER, BEST FRIEND ETC.
- WHAT ARE YOUR ELEMENTARY SCHOOL MEMORIES?-BEST TEACHER, BEST FRIEND ETC.
- WHICH WAS THE BEST PARTY YOU EVER WENT TO?
- WHAT WAS THE BEST PARTY YOU EVER THREW?
- WHICH WAS THE BEST CARD OR LETTER YOU EVER GOT?
- WHAT WAS THE BEST CARD OR LETTER YOU EVER SENT?
- WHAT WAS A REALLY GOOD THING YOU DID?
- WHEN WAS A TIME YOU GOT OFF THE HOOK?
- WHEN WAS A TIME YOU OVERCAME HEAVY TEMPTATION?
- WHAT ARE YOUR MOST TREASURED MEMORIES?
- WHICH DO YOU FEEL IS MORE IMPORTANT: EXPERIENCES OR THE MEMORIES OF THOSE EXPERIENCES?
- WHEN WAS THE 2 OR 3 YEARS OF YOUR LIFE WHEN YOU UNDERWENT THE MOST CHANGES?
- WOULD YOU EVER BE WILLING TO TIME TRAVEL INTO THE PAST? TO WHEN WOULD YOU GO? WOULD YOU EVER RETURN TO YOUR OWN PAST? WHAT PART?