



WALK CLUB

SELF SPACE[®]

1000 Conversation Prompts

Introduction

Hello there, you.

We're resourcing the nation with meaningful conversation and walking prompts to facilitate walkie talkies from wherever you are. With the people you love.

Inside this book are questions to help you take that first step, together. Some will make your heart race and your voice shake, others might make you laugh!

So grab a cuppa, strap on your trainers and get outside for a proper chat. You'll be more connected to your body, you'll think more clearly, and feelings of stress will reduce.

**With warmth and playfulness,
Self Space team**

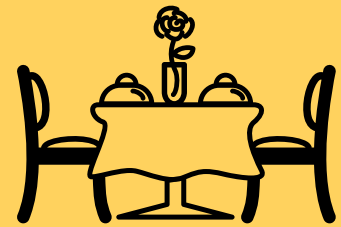


Contents

- 1 [For first dates](#)
- 2 [For old mates](#)
- 3 [For people who are grieving](#)
- 4 [For people thinking of leaving](#)
- 5 [For people coming out](#)
- 6 [For those full of doubt](#)
- 7 [For those who worry they're going mad](#)
- 8 [For knackered new mums and dads](#)
- 9 [For making new friends](#)
- 10 [For making amends](#)
- 11 [For those full of worry](#)
- 12 [For those in a hurry](#)
- 13 [For people who are always tired](#)
- 14 [For people who are always wired](#)
- 15 [For full time carers](#)
- 16 [For oversharers](#)
- 17 [For talking to yourself \(in the shower\)](#)
- 18 [For those who feel they've no power](#)
- 19 [For coffee break chats at work](#)
- 20 [For those with housemates making them berserk](#)
- 21 [For those wanting to step into the spotlight](#)
- 22 [For those always spoiling for a fight](#)
- 23 [For people finding their voice](#)
- 24 [For those making a tough choice](#)
- 25 [For those breaking up](#)
- 26 [For those waking up](#)
- 27 [For people who are travelling](#)
- 28 [For lives that are unravelling](#)
- 29 [For parents with an empty nest](#)
- 30 [For busy people who never rest](#)
- 31 [For those getting old](#)
- 32 [For those whose hearts have grown cold](#)
- 33 [For chats with strangers on a plane](#)
- 34 [For people in chronic pain](#)
- 35 [For parents who've lost a child](#)
- 36 [For the middle aged who want to be wild](#)
- 37 [For long distance lovers](#)
- 38 [For daughters and mothers](#)
- 39 [For joyful people feeling glad](#)
- 40 [For sons and their dads](#)
- 41 [For people feeling depressed](#)
- 42 [For the financially hard pressed](#)
- 43 [For the constantly furious](#)
- 44 [For the sexually curious](#)
- 45 [For people getting the all clear](#)
- 46 [For people re-thinking their career](#)
- 47 [For groups of mums](#)
- 48 [For long lost chums](#)
- 49 [For when life goes pear shaped](#)
- 50 [For those who haven't yet escaped](#)
- 51 [For those with deep fear](#)
- 52 [For those in their final years](#)
- 53 [For people who like being loners](#)
- 54 [For founders and business owners](#)
- 55 [For those feeling shy](#)
- 56 [For those afraid to try](#)
- 57 [For chatting to others over text](#)
- 58 [For couples who are under sexed](#)
- 59 [For groups of friends in the pub](#)
- 60 [For body language \(in the club\)](#)
- 61 [For disagreements with spouses](#)
- 62 [For former parents in different houses](#)
- 63 [For seekers looking for their soul](#)
- 64 [For people taking on a new role](#)
- 65 [For awkward chats at Christmas dinner](#)
- 66 [For people who'd prefer to be a little thinner](#)
- 67 [For people with existential dread](#)
- 68 [For those who love staying in bed](#)
- 69 [For people feeling lost at sea](#)
- 70 [For sober people who only drink tea](#)
- 71 [For talking to people with whom you don't agree](#)
- 72 [For funny chats that make you want to pee](#)
- 73 [For people who feel ashamed](#)
- 74 [For people who always get blamed](#)
- 75 [For those who work in teams](#)
- 76 [For people with big dreams](#)
- 77 [For comforting a child who's crying](#)
- 78 [For people afraid of dying](#)
- 79 [For creatives who've got stuck](#)
- 80 [For those down on their luck](#)
- 81 [For pillow talk with your sweetheart](#)
- 82 [For those who can never make a start](#)
- 83 [For nervous students at freshers week](#)
- 84 [For those where life seems bleak](#)
- 85 [For people feeling grateful](#)
- 86 [For people feeling hateful](#)
- 87 [For people who don't like the look of their face](#)
- 88 [For people who'd like to take up more space](#)
- 89 [For couples unable to have a child](#)
- 90 [For black sheep who want to be reconciled](#)
- 91 [For those who can't make mistakes](#)
- 92 [For lovers of creamy cakes](#)
- 93 [For people who have to be brave](#)
- 94 [For thinking to ourselves silently at a grave](#)
- 95 [For those who are self critical](#)
- 96 [For smart thinkers who are analytical](#)
- 97 [For talking with a bore](#)
- 98 [For talking with someone you adore](#)
- 99 [For talking in a foreign tongue](#)
- 100 [For thinking of when you were young](#)

1

For first dates



1.1 In what particular ways might your best friend describe you?

1.2 If you went into a time vortex and had to relive this date with me 1,000 times over, what would you change about it?

1.3 Would you like to be famous? In what way?

1.4 What does a 'perfect' day look like for you?

1.5 If you were designing the ideal restaurant or bar for fun and romance, what would you include?

1.6 Would you rather let me explore your phone, unlocked for 1 minute, or review your internet history for the past week? Why?

1.7 If you could have a conversation with any fictional character from a book or movie, who would it be and what would you ask them?

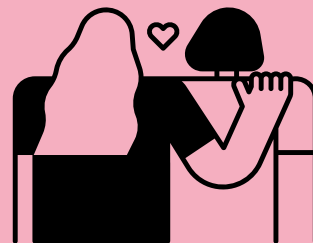
1.8 What's the most spontaneous, or random thing you've ever done?

1.9 If you could have a conversation with any fictional character from a book or movie, who would it be and what would you ask them?

1.10 If you had to live in the world of a TV show, or movie for a month, what would you choose and what role would you play?

2

For old mates



2.1

What is an aspect of yourself that you can only comfortably share with me?

2.2

If you received a call from me at 3a.m., what might you imagine had happened?

2.3

What frustrates you most about how the world has changed since we were younger?

2.4

How do you feel about seeing me when I'm not having a good day?

2.5

If we could teleport to any moment from our joint past to relive the experience for an hour, which should we choose?

2.6

What's a piece of advice you wish you could go back and give us when we first met?

2.7

If you could change one decision in your life since we've known each other, what would it be and why?

2.8

What's the most spontaneous, or random thing you've ever done?

2.9

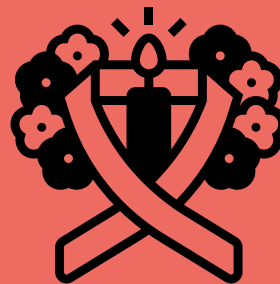
If we started a business together, what would it be and do you think we'd succeed?

2.10

Imagine we're old and retired, reminiscing about life. What stories do you think we'd keep coming back to?

3

For people who are grieving



3.1 Is there a way that you could collect thoughts and reflections from friends, colleagues or family of someone who is dying and present it to them? If it's too late, could you do this anyway as a tribute to them and a comfort to you?

3.2 What could you do to practically and emotionally support those who have suffered a loss?

3.3 How does grief feel to you? Can you describe its pain, its shape, its movements, its voice?

3.4 What was X like? What did they enjoy doing? Can you share a story about X that encapsulates who they were? How do you think X would want to be remembered?

3.5 What's one memory of X that always makes you smile?

3.6 If you could say one final thing to X, what would it be and why?

3.7 How might we honour and remember X, perhaps by inventing a new tradition or ritual?

3.8 What are some ways you find comfort or solace in the hard days? Are there specific activities, music, or places that help?

3.9 Is there something you wish people understood about your grief or about X?

3.10 What has been the most surprising or unexpected aspect of grief for you?

4

For people thinking of leaving



4.1 What small pleasures, or simple, everyday joys do you find comfort in?

4.2 Who or what would miss you deeply if you weren't around?

4.3 Have you ever had thoughts about taking your own life?

4.4 How can I best be there for you when you're in despair?

4.5 Is there something you've always hope to do that you haven't yet got round to?

4.6 When you've felt down in the past, what helped to make you feel a bit more hopeful?

4.7 Who, or what in your life brings you the most comfort or makes you feel understood? What is it about them (or it) that has that effect?

4.8 What is one thing you feel is worth staying for, even on the hardest days?

4.9 Are there particular everyday situations that make you feel particularly low? What strategies have you found to cope with them?

4.10 How could I make you feel more supported right now? What might you find particularly helpful - or unhelpful?

5

For people coming out



- 5.1** Is there someone who you could come out to in private, and who might support you before you come out to the wider world?
- 5.2** Is there something you learned about the world that you didn't know before realising that you were gay?
- 5.3** How might you practically let people know? How do you imagine your friends, family or colleagues might react?
- 5.4** What aspects of coming out are you most anxious about?
- 5.5** Do you have a role model or public figure who has inspired you with their coming out story? What was it that specifically resonated with you?
- 5.6** What kind of support system do you currently have? What additional support do you feel you might need? Is there a community or group you've considered joining that might provide some extra support?
- 5.7** Are there particular concerns you have about coming out in different areas of your life, like work, friendship groups, or home?
- 5.8** When did you first realise you were gay? How has your understanding of yourself shifted since you first realised you might want to come out?
- 5.9** What is the most common thought you have about how your life might change after you come out? How might you prepare for that?
- 5.10** What are your best hopes for how the conversation would run when you come out to people?

6

For those full of doubt



- 6.1** Thinking about the issue that's worrying you, tell me what your head might say, what your gut might say? What your heart might say?
- 6.2** How long have you been struggling with this decision? If someone made you flip a coin right now, what would you (secretly) hope it would land on?
- 6.3** What are your best hopes for how things will turn out in the future? Can you visualise how your life might look in a month? A year? A decade?
- 6.4** What is the worst-case scenario? Would you survive if that were to happen?
- 6.5** Is there a past experience that's influencing your current doubts? How does that past experience relate to your current situation?
- 6.6** Who in your life always seems to know exactly what to say or do? What do you think they would advise you to do in this situation?
- 6.7** If you could seek 30 minutes of advice from anyone in the world, who would it be? Why? What do you imagine they might say?
- 6.8** What would you say to a good mate if they were in your shoes with the same doubts?
- 6.9** How does this doubt affect your daily life? Is it worth the pain?
- 6.10** If you were to take a magic potion that made you completely free from fear, what choice would you make right now?

7

For those who worry they're going mad



7.1 Would it help more if I just sat here with you in silence or we talked about things?

7.2 How have you been eating and sleeping lately?

7.3 Is there someone you trust whom you've been able to talk to about these feelings before? How did that conversation go?

7.4 What specific thoughts or feelings make you worry about your mental state?

7.5 At what moments or on which days do you feel most 'yourself'? Can you describe what's different about those times?

7.6 Are there particular activities or situations that make you feel less centred or grounded, such as relationship stress, loneliness, or overwork?

7.7 What type of support feels most helpful to you right now?

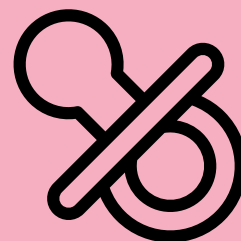
7.8 Are there activities or routines that you've found bring you some relief or comfort? For example, have you tried any relaxation techniques or therapies, like meditation, yoga, or talking therapies? How did they help?

7.9 What are you afraid will happen if your fears about your mental state are true? How might we address those fears together?

7.10 When is it ok for me to check in on you next? How could I best do that?

8

For knackered new mums and dads



8.1

What might you be able to start, or stop doing, that could help replace some of the energy you're losing at the moment?

8.2

Is there someone you could ask to lean on for a while and ask for help when it all gets too much?

8.3

What's one thing, however small, that you could do to look after your body each week?

8.4

What's a small tweak you could make to your daily routine that might give you a little more energy or joy?

8.5

Who in your life makes you feel energised? How could you spend more time with them?

8.6

What's an activity that you've stopped doing but used to love and brought you peace or happiness?

8.7

Are there any tasks or obligations that you could either delegate or share with others to lighten your load? Are there any you could stop doing as much (like having baths), or just drop altogether, at least for a while?

8.8

What's a super simple pleasure or treat that you can give yourself each day?

8.9

Is there a type of physical activity that you enjoy and that makes you feel good, which you could incorporate more regularly into your schedule?

8.10

What's one habit you feel could be draining your energy, and how might you begin to change it?

9

For making new friends



9.1 What's a habit of yours that other people might think of as being a bit weird?

9.2 What's your idea of fun?

9.3 What do you value most in a friendship?

9.4 If you could instantly become an expert in any activity, what would it be? Why?

9.5 What do you do when you need to recharge?

9.6 What's one of your favourite traditions or rituals? How did it start?

9.7 What's something you've always wanted to do but haven't had the chance yet?

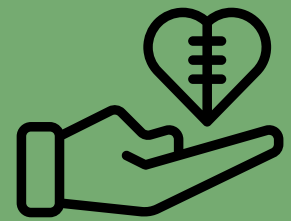
9.8 What kind of events or activities do you look forward to the most?

9.9 How do you prefer to communicate when you're not with someone in person?

9.10 What's a passion, skill or talent you have that most people don't know about?

10

For making amends



10.1 Is there someone from whom you'd like to ask for forgiveness? How might you approach them?

10.2 They say that to understand everything is to forgive everything. What don't you understand, or what do you need to explain, in order to find forgiveness?

10.3 Sometimes, it's easier to say it in writing. Is there a way you could jot down in writing how sorry you are? (Whether you send it is less important.)

10.4 What's the biggest barrier you feel is stopping you from making amends? How might you overcome it?

10.5 Can you remember a time when someone apologised to you? How did their approach affect you?

10.6 Is there a mutual friend who could help mediate between you both? Would that help?

10.7 Have you considered the potential impact of making amends, both for you and the other person?

10.8 What lessons have you learned from this situation that you could apply to future relationships?

10.9 How might you feel if the other person doesn't accept your apology? Would you still want to apologise anyway?

10.10 How do you think making amends might change your relationship with this person? Are you prepared for all possible outcomes?

For those full of worry



11.1 Animals tend not to spend much time worrying about things. Even if a lion attacks a springbok, as long as they escape, they just shake it off and move on with their lives. If you could shape shift to become an orangutan, a sparrow, a wolf or any other animal, which animal would you choose, and why?

11.2 Do you tend to imagine one specific bad scenario or multiple different ones? If those things did happen, what do you imagine it would be like? Would you survive? Would the world keep turning?

11.3 Of course, lots of things could go wrong, but lots of things could go right too. What are some equally possible good options you could list out?

11.4 What is the smallest worry you can let go of right now? What would be the first step in letting it go?

11.5 When you worry, how do you typically calm yourself down? Can you describe the process?

11.6 How does worrying affect your relationships? What changes would you see if you worried less?

11.7 If you could give your worries a colour, sound, or texture, what would they be like and why?

11.8 Who is the chilliest person you know, and what might you learn from them about handling concerns?

11.9 Imagine your life five years from now, with none of your current worries coming true. What does that life look like?

11.10 If there was a 'worry exchange marketplace' where you could trade your worries for others, which ones would you trade, and which would you be willing to accept as a fair swap?



12.1 Some people find it hard to stop as they don't want to be alone with their thoughts. Are there any thoughts which you're worried about facing?

12.2 If your life were a car on the motorway, what kind of car would it be, which lane would it be in and how would the driver be feeling?

12.3 If you were imprisoned for ten years for a crime you didn't commit. What would you spend your time doing?

12.4 When you start to worry, what physical sensations do you notice in your body? Where are they? How do you usually respond?

12.5 What's the smallest, most manageable step you could take today that might alleviate one of your worries?

12.6 Can you remember a time when something you were anxious about turned out much better than you expected? What happened?

12.7 If you could talk to your future self who has successfully navigated your current worries, what advice do you think they would give you?

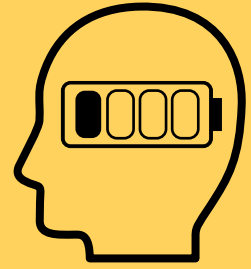
12.8 How does sharing your worries with others change how you feel about them? Do you have a trusted person to talk to about these thoughts?

12.9 Do you find certain activities distract you from worrying? How can you incorporate more of these into your routine?

12.10 Can you list at least a dozen things which you often take completely for granted but which you're grateful for, e.g. your sight, your hearing, your intelligence, your clothes, your breakfast etc.? How does focusing on gratitude affect your feelings of anxiety?

13

For people who are always tired



13.1 When you see people 'lazing about' and putting their feet up, how does that make you feel?

13.2 Is there someone, or something in your life that is acting as an energy 'drain'? Is there someone that acts as a 'radiator' and who always gives you energy? How might you spend a little more time with them?

13.3 Is there something you are avoiding thinking about? What would it take to dedicate just a few minutes to airing it with someone else?

13.4 What part of your day do you find most draining, and what part brings you the most energy?

13.5 If you could eliminate one task from your daily routine to improve your energy, what would it be?

13.6 When was the last time you felt fully energised and alert? What were you doing differently?

13.7 How do your sleeping habits affect your daily energy levels? Are there changes you could experiment with?

13.8 If you had an entirely free day with no commitments, what would you do to rejuvenate yourself?

13.9 How does your physical environment at home or work influence your energy levels?

13.10 When you think about the week ahead, what tasks or events do you dread and what do you look forward to? How can you manage the balance better?

14

For people who are always wired



14.1 What time of day do you find yourself with the most energy to burn? When, if ever do you get into a slump? Is there a way you could re-order your day to better suit your energy levels?

14.2 Would you say you tend to feel more wired in your head, or in your body? If the former, what might you do to get more into your body?

14.3 What activities really absorb you or get you to the point of 'flow' where you lose track of time completely?

14.4 If you had an extra hour each day just to unwind, what would you do with it?

14.5 Do you find certain environments or people increase your energy levels excessively?

14.6 What methods have you tried to calm your mind before bedtime?

14.7 Can you identify any habits that contribute to your feeling constantly wired?

14.8 What's your attitude towards 'mindfulness'? Does it feel attractive or annoying?

14.9 How do you balance your need for downtime with your high energy levels?

14.10 What's your go-to method for quickly burning off excess energy?



15.1 In what ways do you feel you are making a tangible difference in other people's lives?

15.2 Do you ever feel exhausted by caring? What do you do to manage your fatigue?

15.3 How easy do you find to ask for support or care when you need it?

15.4 What's one thing about caregiving that you wish more people understood?

15.5 How has being a caregiver changed your perspective on health and wellness?

15.6 What personal strengths have you discovered in yourself through caring for others?

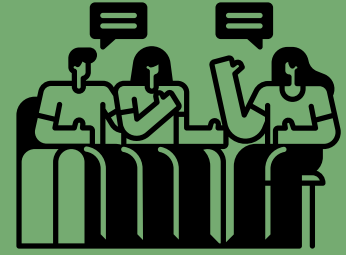
15.7 What's the most challenging aspect of caregiving that you manage daily?

15.8 Have you ever experienced burnout? What were the signs and how did you cope with it?

15.9 How do you balance the demands of caregiving with the need for personal time?

15.10 How do you celebrate small victories or positive moments in your caregiving journey?

For oversharers



16.1 When you share too much, how do you feel people typically react? Do you feel that it helps you connect with others, or does it sometimes backfire?

16.2 When you were little, how much did you feel your parents listened to you?

16.3 When someone shares too much with you, how do you feel, what would you like to say to them?

16.4 Finish this sentence, 'I wish I had someone with whom I could share...'

16.5 How do you decide what to share on social media versus in person?

16.6 What boundaries, if any, do you set for yourself when it comes to sharing personal information?

16.7 Have you ever regretted sharing something? How did you handle the situation?

16.8 What do you think drives your need to share with others? Is there a particular topic you find yourself oversharing about more than others?

16.9 What lessons have you learned about social boundaries from your experiences with oversharing?

16.10 Finish this sentence, 'If I could share less about one aspect of my life, it would be...'

For talking to yourself (in the shower)

**17.1**

If you could choose to live at any other point in history, when would you choose? What is it about that time that appeals to you?

17.2

We all occasionally think of people who at one time helped us, inspired us or were kind to us. Can you think of any examples of people who may think of you this way?

17.3

Which four people, alive or dead, fictional or historical, would you choose to invite to a dinner party this evening?

17.4

If you had the chance to change one decision you made last year, what would it be and why?

17.5

What's a fear you've overcome recently, and how did you manage to do it?

17.6

What song best describes your life right now, and why does it resonate with you?

17.7

If you could gain one quality or ability overnight, what would it be and how would it change your life?

17.8

What's the most valuable lesson you've learned from a difficult situation?

17.9

Is there a dream or goal you've set aside as unrealistic? What would need to happen to make it possible?

17.10

What's one piece of advice you would give to your younger self if you could?

17.11

If you could instantly know any language in the world, which would it be and what would you do with that skill?

17.12

What's a habit you think you should start or stop, and what's stopping you from making that change?

17.13

If your life were a book, what would this chapter be called, and why?

18

For those who feel they've no power



18.1

When we imagine time travellers going back to the past, it is always portrayed as being incredibly risky because everything they do will inevitably alter the future. Why do you think we don't think the same way about how we act now, in the present?

18.2

What is a small empowering act you could take today that I could support you with?

18.3

In what ways do you feel like it makes life easier, or harder, to not have as much power as you imagine you could have?

18.4

What is one decision you made today that you feel proud of, no matter how small?

18.5

How might you advise a friend to prepare themselves for unexpected challenges?

18.6

Can you think of a time when you influenced a decision at home or work? How did it make you feel?

18.7

What are your three greatest strengths?

18.8

If you were to mentor someone else, what life lesson would you most want to emphasise?

18.9

Is there a personal boundary you could set this week? What would that look like?

18.10

What's one new thing you could learn about that might give you a sense of progress?

19

For coffee break chats at work



19.1 Finish this sentence - I suspect that I might be a bit difficult to work with when I...

19.2 What first struck you as quite strange when you started working here that you now just take for granted?

19.3 If our company were a celebrity, who might it be? Why?

19.4 If our company were turned into a Netflix series, what would the category be?

19.5 If you could choose to have Usain Bolt, Greta Thunberg, David Blaine or Oprah Winfrey as your intern for the week, who would you choose? Why?

19.6 What's the weirdest and most unexpected skill you've gained since working here?

19.7 If you were to commission a sitcom about our office, what might be the running joke?

13.8 Which historical figure would you choose to run the business? Why?

19.9 If our office had an ancient myth or storybook legend, what do you think it would be about?

19.10 Who are you most jealous about in the company? Why?

20

For those with housemates making them beserk



20.1 In what ways might being kinder to your housemate help the situation? In what ways might being tougher help?

20.2 Do you feel like having more rules helps or hinders the situation?

20.3 What is the one thing you feel is non-negotiable when it comes to sharing a space with others?

20.4 How has living with others influenced your habits or lifestyle for better or for worse?

20.5 If your house was on Big Brother or a reality TV show, who do you think might get voted out first?

20.6 What's one thing your housemate does that totally baffles you?

20.7 What is the most contentious household chore that drives you, or others crazy?

20.8 What's the most unusual house rule you've ever really wanted to suggest but thought it was too weird to?

20.9 How do you balance your need for privacy with living in a shared space?

20.10 If each housemate got to add one rule that everyone absolutely had to follow on pain of death, would you be happy to agree to that? What rule would you introduce?

21

For those wanting to step into the spotlight



21.1 When you imagine people looking at you, what words do you imagine they might be thinking? What would your best friend say if they could hear those words?

21.2 When you imagine how people might treat you if you were famous, what do you imagine that would be like?

21.3 What does stagefright feel like for you? What physical things could you do to put your body more at ease?

21.4 What trait do you think makes someone captivating to others?

21.5 If you were told that you had to perform on stage tomorrow in front of a packed theatre audience for two minutes, what would your act be about?

21.6 What's the bravest thing you've ever done?

21.7 Who is your role model for staying cool under pressure? Why?

21.8 If you were told you'd be interviewed by Graham Norton later this evening, what would you hope he'd ask you about?

21.9 What aspect of your life do you think people would find most surprising?

21.10 Do you think being in the spotlight makes personal flaws more forgivable or less so?

22

For those always spoiling for a fight



22.1 In what ways was growing up difficult for you?

22.2 How was anger managed in your house when you were little? Was it a taboo or something very normal?

22.3 What types of situations make you get angry? Is there a pattern to them?

22.4 What kinds of things do you do to cool yourself down when you're boiling over?

22.5 Is there anything that you feel should never be joked about? Why?

22.6 What type of situations make you feel most misunderstood? Why?

22.7 What is something you wish people understood about you when you're angry?

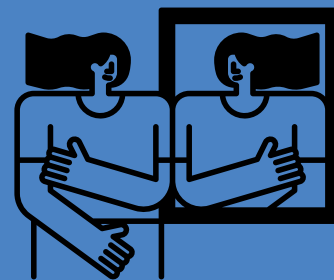
22.8 The Incredible Hulk said that people shouldn't make him angry as they wouldn't like him when he's angry. But it did help him get stuff done. How is getting angry sometimes helpful to you?

22.9 Have you ever got really angry in a way that made you feel ashamed?

22.10 What role does pride play when you get angry?

23

For people finding their voice



23.1 What do you wish you could go back in time and tell your teenage self?

23.2 Do you feel that you are sometimes 'pretending' when you're with others? Is it with everyone or just some people? What do you feel that you're holding back?

23.3 Who do you know who seems 'authentic'? What is it about how they behave that makes them seem so?

23.4 Is there a topic you could give a 20-minute TED talk on without any prep?

23.5 What part of your personal story do you worry about sharing but know is important?

23.6 Do you find the phrase 'speaking your truth' helpful? Why/not?

23.7 In what ways do you find it easier to express yourself in writing vs in speech?

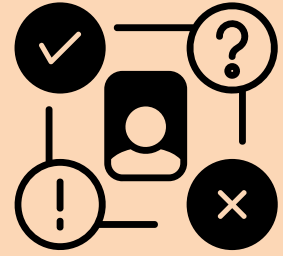
23.8 What's the most important conversation you've had this year?

23.9 What does being 'heard' mean to you? Why do you think it's so important?

23.10 What does being a good listener mean to you? How could you listen better?

24

For those making a tough choice



24.1 Who else, or what else, that isn't so obvious, might be affected by your decision?

24.2 How might you describe your dilemma in just eight words?

24.3 Imagine you have decided to act in one way. How might you feel in five minutes? In five weeks? In five years? Now imagine you've decided the other way

24.4 If you had to hold your breath and make a decision before you breathe again, what would you do? Try it now.

24.5 How do you make sure you acknowledge your deeper values when making decisions?

24.6 Do you tend to rely more on your head, your heart or your gut when making decisions? Why?

24.7 Is there a decision you made in the past that you initially regretted but now think was the right choice?

24.8 Diplomats often deliberately put off decisions as long as possible because the longer you leave things, the more data you can get hold of to make a better decision. How 'diplomatic' is your decision making process?

24.9 How might your decision impact your life one decade from now?

24.10 Do you feel that you're an intuitive person? In what ways?

25

For those breaking up



25.1 What have you learned from your partner that you're deeply grateful for?

25.2 Do you feel that we could still be friends? In what way?

25.3 Finish this sentence...being with you has made me wiser because I now...

25.4 Which aspect of our relationship do you think you'll think back on most frequently?

25.5 How do you think our relationship will affect your view on love in the future?

25.6 What's something you feel you could probably do better in your next relationship?

25.7 What qualities in a partner have you learned are most important to you?

25.8 What's a hobby or interest you neglected in our relationship that you'd like to get back into?

25.9 What part of yourself did you (re) discover during our relationship that you value immensely?

25.10 What's one memory from our relationship you'll always look back fondly on?

26

For those waking up



26.1 What do you now know in your gut that you used to just know in your head?

26.2 What's taken you a really long time to realise but now transforms how you see the world?

26.3 Finish this sentence... something I used to really care about that now seems a bit silly or pointless is...

26.4 What do you wish you'd been taught at school that seems like a fundamental skill for living?

26.5 What belief did you hold for a long time that you've recently dropped, and what sparked that change?

26.6 How has your definition of success and happiness changed over the years?

26.7 Do you feel that you see things clearly or 'through a glass darkly'?

26.8 What did you used to worry about but which you now see as a huge waste of time?

26.9 What's a recent epiphany you had about how you live your life?

26.10 In what ways have you become more accepting of yourself, and of others?

27

For people who are travelling



27.1 What ways of being or relating do you notice while abroad you wished were more commonplace back home?

27.2 In what ways do you feel more, or less at home in your own skin when you're in another country?

27.3 How do you notice you act while you're away? Do you like it? How could you do more of it? (Or less of it)?

27.4 Which travel experience has drastically changed your perspective on life?

27.5 How do you integrate the cultures you encounter into your life back home?

27.6 What has been your most challenging travel experience. What did it teach you?

27.7 What's an insight, or a piece of wisdom you've gained from someone you met while travelling?

27.8 How has your way of connecting with people changed as a result of travelling?

27.9 What has been the most surprising or unexpected joy, and anxiety of travelling for you?

27.10 What local custom from your travels do you try to (or wish you could) implement in your life back home?

28

For lives that are unravelling



28.1 Sometimes it's helpful to step outside our own heads and ask what other people might do. In your situation, what might The Dalai Lama do? Or Emily Blunt? How about your best friend? Your granny? Or Dwayne 'The Rock' Johnson?

28.2 Would you like me to offer advice or just to listen to you?

28.3 Is it ok if I tell you five things I really like and admire about you?

28.4 What's something small that brings you comfort or happiness in tough times?

28.5 How do you prioritise what's really important when everything feels overwhelming?

28.6 Can you describe a recent situation where you found unexpected strength or resilience in yourself?

28.7 When life feels out of control, what keeps you feeling anchored?

28.8 What's one thing you've let go of recently that has brought you peace?

28.9 What's a mantra or quote that helps you during tough times?

28.10 How do you practise self-compassion when you feel like things are falling apart?

29

For parents with an empty nest



29.1 What advice do you wish your child/children would ask you for?

29.2 What do you most miss about having children in your house? What do you most appreciate about having the house to yourself?

29.3 In what ways do you feel that your children are well equipped to manage the world on their own financially, physically, emotionally and spiritually?

29.4 How has your daily routine changed since becoming an empty nester?

29.5 What hobby or activity have you started now that you have a bit more time to yourself?

29.6 How do you maintain a close relationship with your children now they've moved out?

29.7 What was the most unexpected aspect of life after the children moved out?

29.8 What's one piece of advice you find yourself constantly wanting to give your children?

29.9 How has your relationship with your partner or friends changed since your children left home?

29.10 How do you deal with the quietness or loneliness that often comes with an emptier house?

30

For busy people who never rest



30.1 Do you ever wake up at 3 a.m.? What goes through your mind then?

30.2 Would you say you focus more on urgent or important matters? How might you shift the balance?

30.3 Do you have a secret hunch about how your life might end?

30.4 What's the first thing you think about when you wake up?

30.5 Do you have a method for unwinding after a hectic day? What is it?

30.6 How do you prioritise personal time amidst your busy schedule?

30.7 What would a perfectly balanced day look like for you?

30.8 Is there something you're missing out on by always being busy?

30.9 What's the last thing you do before going to bed?

30.10 What's something you'd like to do if you had more time?

For those getting old



31.1 Would you prefer to keep the same body as you had at 18, or the same outlook on life you had then?

31.2 What did you firmly believe for a long time but as you got older, you realised it was no longer true?

31.3 Which person or people in their 70's or 80's do you find particularly inspiring? Why?

31.4 What would make you smile to have inscribed on your gravestone?

31.5 If you found out you only had one more year to live, how would that change how you act with friends, family, colleagues and strangers?

31.6 What's a hobby you've picked up later in life that you wish you'd started earlier?

31.7 What's the best piece of advice you've received about ageing gracefully?

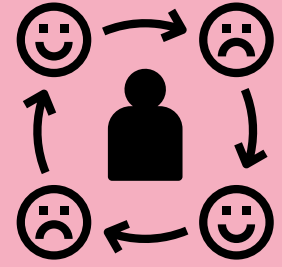
31.8 What tradition or knowledge do you most wish to pass down to younger generations?

31.9 What has been the most rewarding part of getting older?

31.10 What's a fear about ageing that you've managed to overcome?

32

For those whose hearts have grown cold



32.1 When did you last cry? What were you doing?

32.2 What do you feel when you see someone choking up with emotion? Why does it make you feel like that?

32.3 When you were a child, what would your parents or grandparents have said was most adorable about you?

32.4 Who or what means a lot to you? What is something kind you could do for them?

32.5 What's a memory that still warms your heart when you think of it?

32.6 Is there a book or movie that has made you well up with tears recently?

32.7 How does your body respond when someone expresses affection towards you?

32.8 How do you think your life would change if you allowed yourself to be more open emotionally?

32.9 Who is someone you admire for their emotional intelligence, and what can you learn from them?

32.10 What's at least one emotion you feel comfortable expressing, and why?

33

For chats with strangers on a plane



33.1 What was being a teenager like for you?

33.2 What's a secret about yourself that very few people know about?

33.3 What is the biggest impact you've had on the life of someone else? How?

33.4 What's the most unexpected journey you've ever taken?

33.5 If you could live anywhere you've visited, where would it be and why?

33.6 What's one place you've never been but have always wanted to go?

33.7 What's the most interesting conversation you've had with a stranger?

33.8 What's a hobby or interest you pursue that most people wouldn't guess about you?

33.9 What's a piece of advice you've received from someone in a different country that stuck with you?

33.10 What's your advice for making the most out of any trip?

34

For people in chronic pain



34.1 What, if anything, helps to take your mind off your pain for a while? Are there any ways that you might bring more of that into your life?

34.2 What do you most wish other people could understand about living with pain?

34.3 What does a good day look like for you? How could I help you with that?

34.4 What was something nice that happened to you today?

34.5 Can you describe the pain to me right now, how it feels, where it is, when it ebbs and flows, how it changes?

34.6 Are there activities or hobbies you've adapted to suit your needs?

34.7 What's the most helpful support you've received from friends or family?

34.8 What's the biggest misconception people have about chronic pain that you'd like to correct?

34.9 What's something small that brings you joy despite your pain?

34.10 What's a comforting activity or ritual that helps you on rough days?

35

For parents who've lost a child



35.1 What is your fondest memory of your child?

35.2 Who or what do you turn to when you feel the sadness is getting too much?

35.3 How do you imagine your child might have lived their life?

35.4 In what ways do you imagine your child would have made the world a better place? Is there any way you might pay tribute to that?

35.5 What are you grateful to have learned from your child?

35.6 If your child were here, how do you feel they might speak to you?

35.7 What has been the most comforting thing someone has said or done for you during your grief?

35.8 How have your relationships with friends and family changed since your loss?

35.9 Is there a particular song, poem, or piece of art that reminds you of your child?

35.10 What do you think are helpful ways for others to bring up or mention your child?

36

For the middle aged who want to be wild



36.1

If you could go back to being 18, what would you do differently this time around?

36.2

Do you believe that there's ever an age where wearing a hoodie is not appropriate? How about getting a tattoo?

36.3

What, for you, are the inner, and outer signs of being 'young'?

36.4

If age is just a state of mind, how old do you feel inside?

36.5

What's something adventurous you've recently tried for the first time?

36.6

If you could pick up a new skill or hobby right now, what would it be?

36.7

Is there something 'wild' you're planning to do in the near future?

36.8

What's a place you visit that makes you feel young and energetic?

36.9

Do you have a 'bucket list', and if so, what's at the top of the list right now?

36.10

What advice would you give to someone younger who fears getting older?

37

For long distance lovers



37.1 Finish this sentence, when I think about you, you give me the courage to...

37.2 If I died tomorrow, how would you feel if I found love again within the next two years?

37.3 In what ways do you tend to sabotage things when they start going well?

37.4 What does 'play' mean to you? Do we play together often enough?

37.5 What's something you learned about yourself through our relationship?

37.6 How do we maintain our sense of closeness despite the distance?

37.7 What's the most challenging aspect of our long distance relationship for you?

37.8 What are the little things I do that mean the most to you?

37.9 What's something you feel we've mastered as a long-distance couple?

37.10 What traditions or routines have we created together that you find most meaningful?

38

For daughters and mothers



38.1 In what five ways are we similar, in what five ways are we different?

38.2 In what ways was I / am I too strict with you? In what ways was I / am I not strict enough?

38.3 If something really bad were to happen, how comfortable do you feel coming to me? What could I do to make that easier for you?

38.4 What's the best piece of advice we've received from each other?

38.5 How has our relationship changed as you've/ I've gotten older?

38.6 What's a shared memory that always makes you smile?

38.7 What do you appreciate most about our relationship?

38.8 How do we handle disagreements, and how could we improve on it?

38.9 What's something you've always wanted to ask me, but haven't yet?

38.10 What's one thing you'd like us to do more often together?

39

For joyful people feeling glad



39.1 If you had £10 million pounds to spend on an ad campaign to help other people feel more positive about life, what would you do?

39.2 How might you let people know how grateful you are for the support they have offered you?

39.3 In what small way might you 'pay forward' your good fortune today?

39.4 What's the most fulfilling way you've used your happiness to influence others?

39.5 What daily habits contribute most to your positive outlook?

39.6 Who in your life enhances your joy the most, and why?

39.7 What's a small act of kindness you witnessed recently that made you feel happy?

39.8 How do you encourage others to see the brighter side of life?

39.9 What's the most spontaneous thing you've done recently that brought you joy?

39.10 If you could spread happiness in one tangible way in your community, what would it be?

40

For sons and their dads



40.1 What does it mean to be a 'man' in the 21st Century?

40.2 How comfortable are you in displaying emotion around other people? Around other men?

40.3 What stereotypes about manhood do you feel you may have unconsciously bought into at times?

40.4 In what ways do you feel it's easier, or harder to be a man now, than in previous decades? How about previous centuries?

40.5 What lesson do you hope I take with me from your life experiences?

40.6 How do you think being a dad has changed since you were a child?

40.7 What's a tradition or lesson you'd like to pass down to the next generation?

40.8 How do you feel about the pressures men face today compared to when you were younger?

40.9 What's your greatest hope for me as I grow up?

40.10 What aspects of your relationship with your own dad have influenced how you brought me up?

40

For people feeling depressed



41.1 If you were given superhero powers, what injustice might you focus on fighting?

41.2 Who in your family do you feel like you might be protecting in some way?

41.3 When you've been alone for a while, do you tend to feel calmer or more anxious? Why do you think that might be?

41.4 Who is someone you admire for their resilience? What about them inspires you?

41.5 If you could teleport yourself to anywhere in the world right now, where would you go and why?

41.6 What are three things you always feel grateful for, even on your hardest days?

41.7 Do you have a 'comfort' ritual that helps make you feel better? What does it involve?

41.8 What's one thing you're looking forward to doing this week?

41.9 Who makes you feel 'seen', and what is it about them that makes you feel that way?

41.10 If you could write a letter to your future self, what words of encouragement would you include?

42

For the financially hard pressed



42.1 In what way would you like your children's financial future to be different to yours? What would doing that involve?

42.2 Would you refuse a generous financial gift from someone you didn't approve of?

42.3 Do you feel that you earn or have the amount of money you deserve?

42.4 Do you feel that money is something that is a bit shameful or something to be proud of?

42.5 If your last year's bank statements were posted online, what would worry you the most about others seeing?

42.6 Do you feel that your parents gave you good advice about money when you were younger?

42.7 What is one habit you have when it comes to money you wish you could break?

42.8 What's a financial goal you feel proud of achieving?

42.9 How has your attitude towards money changed over your the last ten years?

42.10 What's the most valuable financial lesson you've learned that you'd pass on to others?

43

For the constantly furious



43.1 What things are you particularly talented in at which the world is in danger of missing out on?

43.2 Can you imagine someone who has your dream job, dream relationship or dream house? Do you imagine that they are happy or a driven person?

43.3 What physical outlets do you have for expressing your anger? For example martial arts or sports?

43.4 What's an injustice you see in the world that you feel passionate about changing?

43.5 How do you think your anger has shaped the person you are today?

43.6 What's one positive thing that your anger has helped you achieve?

43.7 Do you have a role model for getting angry in the right way? What about their approach do you admire?

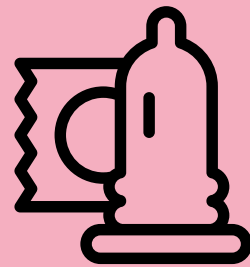
43.8 How do you feel after totally letting rip at someone?

43.9 How do you differentiate between 'good' and 'bad' anger?

43.10 What are some approaches or ideas that help you manage your anger?

44

For the sexually curious



44.1 What's a sexual fantasy you'd love to explore but have always been embarrassed to talk about?

44.2 If you were able to have sex with a famous person, who would it be? What would be so exciting about that person?

44.3 If you could have sex with an ex boyfriend or ex girlfriend, who immediately comes to mind? Why?

44.4 What is the most intimate thing you can do with another person with your clothes on?

44.5 Do you feel that love is an aphrodisiac or a passion killer?

44.6 How has your understanding of your own sexuality changed over time?

44.7 How do you talk about your sexual needs and boundaries with a partner?

44.8 What role does emotional intimacy play in your sexual relationships?

44.9 How do you explore new aspects of your sexuality safely and respectfully?

44.10 What's a question about sex you've always wanted to ask but felt too shy to?

45

For people getting the all clear



45.1 In what ways has your illness made you feel more, or less positive about life?

45.2 How would you have most liked other people to treat you when you were ill?

45.3 In what ways do you feel more or less kind, wise or brave as a result of your illness?

45.4 What was the most significant change you noticed about yourself during your illness?

45.5 How has your perspective on work changed since your illness?

45.6 What's one thing you're now more grateful for than before?

45.7 What advice would you give to someone who's starting the journey you've just completed?

45.8 Is there a particular person or moment that stood out as a beacon of hope during your illness?

45.9 How has your perspective on fear or uncertainty changed?

45.10 Are there any new interests, hobbies or activities that you've discovered through your illness?

46

For people re-thinking their career



46.1 Would you rather be a jewellery maker or a professional chess player? Why? Would you rather be a stunt person or a therapist? Why?

46.2 At a social event, what would you love to be able to tell others you do for a living?

46.3 Would you prefer to earn the most at a small business or the least at a big business (but more than you would at the small business)?

46.4 What did you dream of being as a child? What made you feel that it was a 'childish' ambition?

46.5 What values are most important to you in a job, or business?

46.6 What activities in your current job would you like to eliminate – or do more of?

46.7 What does an ideal working day look like?

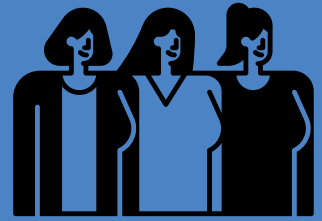
46.8 How do you balance job satisfaction vs job security?

46.9 What's the riskiest career move you've considered making? What held you back?

46.10 How do you measure success in your career and personal growth?

47

For groups of mums



47.1 What ten things do we all have in common as mums?

47.2 Is it more important for children to be honest or kind?

47.3 In what ways are you raising your children in line with, or counter to how you were brought up?

47.4 How much of yourself do you see in your child? Which parts?

47.5 What's the best piece of parenting advice you've ever received?

47.6 How do you handle differences in parenting styles among your friends and family?

47.7 How has your relationship with your own mum changed since having children?

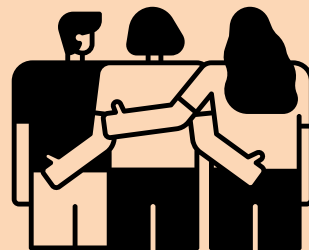
47.8 What traditions from your own childhood are you hoping to pass on to your children?

47.9 What's one thing you've done as a mum that you absolutely swore you never would?

47.10 What's the funniest or nicest moment you've had as a mum?

48

For long lost chums



48.1

Who do you most regret losing touch with? How might you/we get back in touch?

48.2

What is something you occasionally do or see that always reminds you of our friendship?

48.3

Do you feel that time or long distance is the inevitable end of a good friendship?

48.4

What's the nicest memory you have of our friendship?

48.5

How do you think our friendship may have influenced the person you are today?

48.6

What have you learned about friendships since we last met?

48.7

What life events do you wish we could have experienced together?

48.8

What's a piece of advice for me from your life experiences since we last spoke?

48.9

If we were to meet tomorrow, what would you most want to do?

48.10

What's something new you've discovered or experienced that you think I'd love to hear about?

49

For when life goes pear shaped



49.1 How supported and held do you feel by others around you – your friends, family, or others?

49.2 What are your hopes and dreams for the future? What feelings do you have about working toward those goals?

49.3 How often do you feel that what you are doing is meaningful?

49.4 What do you do to find ways to laugh?

49.5 What's one surprising thing you've learned about yourself from a recent difficulty?

49.6 What do you do to cope when things go completely bonkers?

49.7 Who do you turn to when you need to chat, and what makes them a good listener?

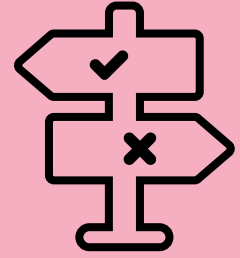
49.8 What small victories have you been able to celebrate recently?

49.9 What's the most helpful advice you've received about handling problems?

49.10 How has a single problem changed your outlook on life?

50

For those who haven't yet escaped



50.1 How frequently have you been doing things that mean something to you or your life?

50.2 How many intimate friendships would you say you have?

50.3 Do you ever feel like you're not living the life you were meant to? In what way?

50.4 What steps are you taking to live a life that feels more authentic to you?

50.5 What does an ideal Monday and Sunday look like?

50.6 What fictional or celebrity story inspires you? Why?

50.7 What are you doing when you lose track of time? How could you do more of it?

50.8 How do you reconnect with yourself when you feel lost?

50.9 What do you feel might be holding you back from making a big change?

50.10 Where were you the last time you felt truly fulfilled, and what were you doing?

51

For those with deep fear



51.1 Would you prefer to be invisible or invulnerable? Why?

51.2 Can you remember one of the earliest times you felt fear or terror? What happened?

51.3 What makes you afraid? What is it about that thing that frightens you the most?

51.4 Are you able to expose yourself, even in a really small way, to the thing that scares you? Do you think that might be possible in some way?

51.5 Who do you feel safe talking about what scares you with?

51.6 What's one tiny step you could take towards facing a fear?

51.7 How has your understanding of your fears shifted over the years?

51.8 Is there a fear you used to have but don't anymore? How did you move past it?

51.9 What activities help to distract you from your fears?

51.10 What's one fear you'd absolutely like to conquer before you die?

52

For those in their final years



52.1 How do you hope you'll be remembered by your family and friends?

52.2 What story or anecdote do you most want to tell your loved ones that they may not know about your life? When could you tell them?

52.3 Are there any friends you've lost touch with that you'd like to make contact with again?

52.4 What lessons from your life do you think would be most valuable for your children, or the younger generation?

52.5 What aspects of your life do you feel most proud of?

52.6 Where is a place that holds special memories for you? Why?

52.7 What have you learned about living a good life that you wish you knew earlier?

52.8 What brings you the most comfort at this stage in your life?

52.9 What kind of legacy do you hope to leave?

52.10 What advice might you give to your younger self? Would they listen?

53

For people who like being loners



53.1 What do you wish other people understood about how you feel when it comes to socialising?

53.2 How do you manage to carve out time for yourself when you have to be extra sociable?

53.3 What do you feel are some of the advantages of solitude that party animals would struggle to understand?

53.4 What's your ideal way to spend a day alone, and why does it bring you joy?

53.5 How do you balance the need for personal space with relationships that require more interaction?

53.6 How has your preference for solitude influenced your choice of career?

53.7 How do you handle situations where being sociable is kind of unavoidable?

53.8 Do you find being alone helps you to be creative? Can you give an example?

53.9 What's the longest period you've spent on your own? What did you learn from the experience?

53.10 How do you communicate your need for solitude to others who may not understand it?

For founders and business owners



54.1 If money were no object, what would you change or introduce into the business?

54.2 What would you do if the only priority was giving the customer the best possible experience?

54.3 Is there anything about your business that makes you feel embarrassed or vulnerable? What does that tell you?

54.4 Imagine it's ten years in the future, your business has failed spectacularly. What went wrong?

54.5 Which brand or business do you most admire? Imagine they buy your company. What would be the first thing they'd change?

54.6 What particular part of your business are you most passionate about?

54.7 What's a tough decision you've had to make recently, and how did you approach it?

54.8 How do you foster a positive company culture, especially during challenging times?

54.9 What's a risk you took that paid off way more than you anticipated?

54.10 What's something you believe about business that isn't a popular opinion?



55.1 If you could read other people's minds, what kinds of things do you imagine they'd be thinking about in situations which make you feel nervous?

55.2 When you feel anxious about a social event, is there anything that makes you feel more relaxed?

55.3 What is the smallest daily habit you could do that, for you, would constitute an act of bravery?

55.4 What's a situation where you felt unexpectedly comfortable in a social setting?

55.5 How do you prepare yourself before attending a social event? How do you reward yourself afterwards?

55.6 What are some coping strategies that have helped you manage social anxiety?

55.7 Who in your life understands your shyness best, and how do they support you?

55.8 What's an aspect of social interactions that you actually enjoy?

55.9 How do you want others to treat you when you're feeling nervous?

55.10 What's one social skill you'd love to have, and what's your plan to work on it?

56

For those afraid to try



56.1 In what situations do you tend to think of yourself as 'lazy'? Do you ever call yourself lazy when you're actually afraid?

56.2 If you did the thing you're scared of, what is the worst that might happen? Would you be able to survive it?

56.3 How could you break the challenge into tiny chunks? What's the smallest possible chunk? Could you do that one thing? Could you do it today?

56.4 What's a fear you've overcome in the past, and how did you do it?

56.5 Who do you admire for their courage, and what lessons can you draw from them?

56.6 What would you attempt if you knew you could not fail?

56.7 How do you talk to yourself when faced with something new or frightening?

56.8 How do you typically react to setbacks, and how could you approach them more constructively?

56.9 How does avoiding certain things impact your life? Are you okay with that?

56.10 What's the best-case scenario if you faced your fear and succeeded?

57

For chatting to others over text



57.1 Do you prefer talking to friends over text/IM or in person? Why?

57.2 Are there any words, phrases or grammar usage which make you feel anxious when you see it in a text?

57.3 What do you feel is the difference between communication and conversation? Which do you prefer and why?

57.4 What do you feel is the real point of talking to other people?

57.5 How do you handle misunderstandings that arise from texting?

57.6 What's your favourite emoji to use? What do you think it says about you?

57.7 In what ways do you think digital communication has improved your relationships, or made them worse?

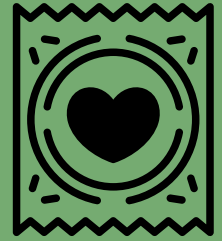
57.8 What's the most meaningful conversation you've had over text, and what made it memorable?

57.9 What texting habits of others are you (overly) sensitive to?

57.10 How do you keep text conversations engaging and alive?

58

For couples who are under sexed



58.1 What could we do to have a bit more fun in our lives?

58.2 What would you prefer me to do?
Give you a foot massage or cook you your favourite dish?

58.3 If we both took responsibility for organising a date night once per month, what would you think of doing? What would you hope I might suggest?

58.4 What's a fantasy you've never shared with me but would like to explore?

58.5 How do you think our intimacy affects other areas of our relationship?

58.6 What's something non-sexual that I do that makes you feel loved or appreciated?

58.7 How important is spontaneity in our sexual relationship?

58.8 What's the most romantic thing we've done together?

58.9 What are some ways we can make each other feel desired outside the bedroom?

58.10 What kind of affection do you appreciate most from me?

59

For groups of friends in the pub



59.1 Would you feel more embarrassed telling everyone your salary or how many people you've slept with? Why?

59.2 Would you prefer to live without friends or without sex for the rest of your life?

59.3 If you could say something to your partner, or parents, for 60 seconds which they'd instantly forget, what would you say?

59.4 Would you prefer to know the exact time and nature of your death, or not? Why?

59.5 What's the most ridiculous argument you've ever had?

59.6 Who is the most interesting person you've ever met?

59.7 Would you choose to have the ability to see 5 minutes into the future or 500 years into the future?

59.8 Would you rather be able to talk with animals or speak every foreign language?

59.9 Would you rather have a permanently blocked nostril or a piece of spinach always stuck in your front teeth?

59.10 Would you rather have the option of never having to pay for food, or clothes?

60

For body language (in the club)



60.1

What's the first word or phrase that comes to mind when you look at your naked body in the mirror?

60.2

Do you think of yourself as an 'animal'? Why/not? (You are one by the way).

60.3

How aware are you of your own body? Are you able to easily tell how your body is functioning, when you need rest, when you need to move and so on?

60.4

Where do you feel tension in your body? What kinds of situations make you tense up? What do you do to relax?

60.5

How does dancing make you feel about your body? What type of movement makes you feel most confident?

60.6

Do you find yourself instinctively mirroring the body language of others? Why / not?

60.7

What's something you admire about how a friend carries themselves?

60.8

How does the way you dress affect your confidence in your body?

60.9

What kind of physical activity makes you feel most in tune with your body?

60.10

Do you think body language communicates more than words at times?

61

For disagreements with spouses



61.1 In what ways do you feel that money comes between us?

61.2 What would you like me to forgive you for? What would you like to forgive me for?

61.3 Finish this sentence, 'when we argue, I feel...'

61.4 How can we make our discussions about money more productive and less contentious?

61.5 What triggers you most during our arguments, and how can I help avoid those triggers?

61.6 What's one thing I do during disagreements that you secretly appreciate?

61.7 How can we improve our approach to conflict so that we both feel properly heard?

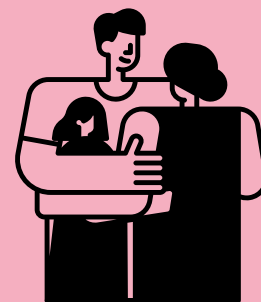
61.8 How do you prefer that we make up after an argument?

61.9 What's a compromise you feel proud of us achieving together?

61.10 How can we make sure our arguments lead to a positive outcome rather than resentment?

62

For former parents in different houses



62.1 How can we best communicate about important things to do with the children?

62.2 What do we most appreciate about each other as co-parents?

62.3 What are our best hopes for how we can bring up the children in the healthiest possible way?

62.4 What are you willing to sacrifice to make sure that our children have what they need? What would you like me to sacrifice?

62.5 What communication method works best for us when discussing the children, and how can we make it more effective?

62.6 How can we ensure consistency in parenting styles across our two homes?

62.7 What are some ways we can support each other as co-parents despite our differences?

62.8 What's one thing we both absolutely agree on when it comes to raising our children?

62.9 What's one thing you love about my parenting style?

62.10 What's a family tradition we can continue for the sake of the children's stability and happiness?

63

For seekers looking for their soul



63.1 In what situations do you feel most free and most yourself?

63.2 When you think about 'soulful' experiences, for you, are they ones of deep calm, or deep vibrance?

63.3 Have you ever had what might be called a spiritual experience? If not, what do you imagine that would look like?

63.4 Who do you know who feels most like an 'old soul'? What is it about them that makes you feel that?

63.5 What practices or activities do you engage in that nourish your soul?

63.6 Who, or what, inspires you to be more connected with your spiritual side, and how?

63.7 Where's a place you go to that feels somehow spiritually charged?

63.8 How do you incorporate deep connections with others into your daily routine?

63.9 How do you balance the need for money and security with the spiritual side of life?

63.10 What's the most profound advice or wise saying you've heard?

64

For people taking on a new role



64.1 Who was your best manager at work? What did they do for you? How could you act a little more like them yourself?

64.2 What is the best piece of career advice you have ever received?

64.3 Who, above all, are you most concerned about impressing with your work?

64.4 What is a piece of feedback you received that always stuck with you? How has it helped you?

64.5 What from your previous jobs are you bringing to this new role?

64.6 How do you plan to build relationships with your new colleagues?

64.7 What's a big challenge you anticipate facing quite soon? How do you plan to address it?

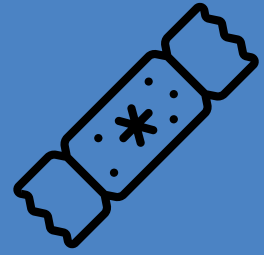
64.8 How will you seek early feedback to ensure you're quickly on the right track?

64.9 How do you plan to maintain a work-life balance as you start this new role?

64.10 What support system/s will you rely on as you make this change?

65

For awkward chats at Christmas dinner



65.1 If you could enter a time machine and give your younger parents some advice on how to raise you better, what might you say to them?

65.2 If you were able to hire a team of teachers and psychologists to teach your family one thing about life, what would it be?

65.3 If you could invite a telepathic voiceover artist to narrate, in real time, your family's innermost thoughts over Christmas dinner, would you do it? Why / not? Would it turn into a comedy, or a tragedy?

65.4 Does Christmas for you feel more like a deadline, a 'dreadline', or a break?

65.5 If you could have one Christmas wish magically granted, but it had to benefit someone else in your family, who would you choose and what would you wish for them?

65.6 If we could invite a celebrity to join us for Christmas lunch, who would we invite?

65.7 What's the weirdest Christmas gift you've ever received?

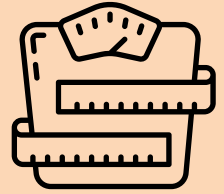
65.8 If you could change one thing about our family Christmas, what would it be and why?

65.9 What's the most memorable Christmas we've ever had? What made it so special?

65.10 What does the perfect Christmas day look like, from morning to night?

66

For people who'd prefer to be a little thinner



66.1

What aspect of your body do you like the most?

66.2

When people compliment you, what kind of things do they say?

66.3

In what aspects of your life do you feel you might be able to let go and 'go with the flow'?

66.4

What's one healthy habit you'd like to develop this year?

66.5

What's your favourite form of exercise, and what do you enjoy about it?

66.6

What's the most supportive thing someone could say to you about your body?

66.7

How do you balance enjoying food with maintaining a healthy diet?

66.8

What is your favourite meal that makes you feel great?

66.9

What activity do you wish you could do more comfortably?

66.10

What misconception about body image would you like to change?

67

For people with existential dread



67.1 When you think about your life from the perspective of the wider galaxy or in the context of millions of years of life on earth, does that make you feel calmer, or more stressed out? Why?

67.2 Would you prefer to live in a virtual reality machine that simulates a life of pleasure, or to live in the real world? Why?

67.3 Do you feel that the world is absurd? How?

67.4 Do you feel that life is meaningless? Does that mean it's also pointless?

67.5 Is there a thinker, philosopher or writer who has significantly influenced your outlook on life?

67.6 What's one existential question you often ponder?

67.7 Do you feel that you're aware of the fact that you're mortal?

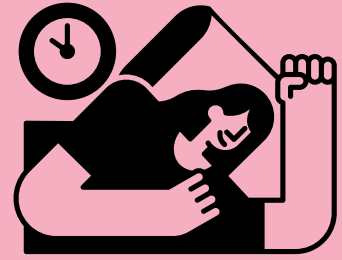
67.8 Do you believe humanity has a particular purpose or goal?

67.9 What role do you think suffering plays in understanding the human condition?

67.10 If you could ask the wisest granny in the world one question about life, what would it be?

68

For those who love staying in bed



68.1 When you have a lazy day in bed, do you feel better, or worse by the evening?

68.2 Do you feel that your life is well balanced? Does it matter?

68.3 Do you imagine that you love staying in bed because you are pulled to it by pleasure or glued to it by anxiety?

68.4 What book or movie is perfect for a day in bed?

68.5 Do you find your creativity or inspiration is higher when resting?

68.6 What's your ultimate comfort item or activity when spending the day in bed?

68.7 How does staying in bed affect your mood?

68.8 What's your favourite lazy day breakfast?

68.9 Do you have a specific routine or ritual for your lazy days?

68.10 How do you ensure a day in bed remains a treat and not a habit?

67

For people feeling lost at sea



69.1 When was the last time you felt truly 'at home' in your own skin? What were you doing?

69.2 Which do you find harder, admitting to have totally messed up, or asking someone to help you?

69.3 Do you intuitively feel that there is a 'right' answer to most questions about life, or that there are just a bunch of half decent answers?

69.4 What small 'anchor' helps you feel more grounded when you're feeling adrift?

69.5 Who in your life always provides solid advice?

69.6 Is there a song or piece of music that resonates with you when you're feeling uncertain?

69.7 Is there a place you go to think that helps you feel centred?

69.8 How do you differentiate between being in a rut and a more profound sense of feeling lost?

69.9 Who can you be most vulnerable with about your feelings?

69.10 What's one change you'd like to make that you believe could help you feel more fulfilled?

70

For sober people who only drink tea



70.1 What do you wish people would understand about coping with an addiction?

70.2 Do you feel that you enjoy socialising more or less than when you were drinking? Why is that?

70.3 Are there any people or situations that make you want to reach for a drink? What do you do in those situations?

70.4 How has your perspective on 'fun' changed since becoming sober?

70.5 What kind of support do you find most helpful from friends and family?

70.6 What misconceptions about not drinking do you most often encounter?

70.7 How do you navigate social events where the drink is flowing freely?

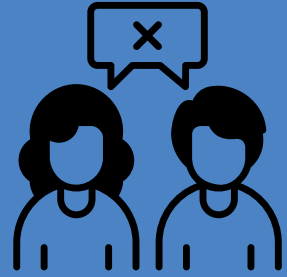
70.8 What new activities have you taken up since you stopped drinking?

70.9 How has your physical and mental health changed since you became sober?

70.10 What advice would you give someone considering a similar lifestyle change?

71

For talking to people with whom you don't agree



71.1 Have you ever changed your mind about something you were fairly convinced was right?

71.2 How can you help me to articulate your view on this topic in a way that you'd accept as being completely accurate?

71.3 What considerations made you come to this conclusion?

71.4 What is there about this topic that we can both wholeheartedly agree on?

71.5 Can you think of a time when understanding someone else's perspective led to you changing your mind?

71.6 What's the most difficult part of maintaining respect for differing opinions?

71.7 How do you find common ground with someone who has polar opposite views?

71.8 How do you react when you realise mid-discussion that you might be wrong? (Would probably never happen of course).

71.9 Do you think it's actually possible to change someone's mind about a deeply held belief?

71.10 Do you think all opinions are worth considering, or are there some you should always just dismiss outright?

72

For funny chats that make you want to pee



72.1 What is the most embarrassing thing that's ever happened to you?

72.2 What do you do at work that you'd be really worried about if your employer found out?

72.3 When you were younger, what did you misunderstand about how the world works that took you far too long to rectify?

72.4 What's the funniest miscommunication you've ever had?

72.5 What's the strangest way you've seen someone misinterpret a commonly understood concept or idea?

72.6 What is the most bizarre rule at your workplace or school?

72.7 Have you ever laughed at an inappropriate time? What was the situation?

72.8 What's an embarrassing nickname you've had? How did you get it?

72.9 What's a weird habit you or someone you know has that you can't help but laugh at?

72.10 When was the last time you felt excruciatingly awkward?

73

For people who feel ashamed



73.1 When you are feeling really down, what words or phrases go through your head? What might a kind, older grandparent say if they could hear these? Might they be able to guess where they come from?

73.2 Where and how do you find it hard to trust people?

73.3 What group or club have you always wanted to join? Why?

73.4 What do you wish others knew about what you're going through when you feel ashamed?

73.5 How do you handle feelings of shame in social situations?

73.6 What's one step you could take to lessen the burden of shame that you carry?

73.7 How does shame affect your decision-making and daily interactions?

73.8 Is there a book, song, or movie that resonates with your feelings of shame? Why?

73.9 In what situations do you find yourself most vulnerable to feelings of shame?

73.10 How do you think society could help reduce the stigma around the issues that cause you shame?

74

For people who always get blamed



74.1 When you do something wrong or make a mistake, what do you normally tell yourself to feel better?

74.2 In what ways do you feel that life has treated you unfairly or given you a raw deal? On a scale from 1-100, where would you put yourself in terms of humans across history who have suffered unfairly?

74.3 What creative outlets do you enjoy? How could you bring more of that into your everyday life?

74.4 How do you differentiate between constructive criticism and unfair blame?

74.5 Who do you always trust to give you honest and accurate feedback about your actions?

74.6 How has being frequently blamed affected your self-esteem or relationships with others?

74.7 What coping mechanisms have you developed to cope with being blamed?

74.8 Can you think of a time when being blamed actually led to something positive?

74.9 How do you ensure that you don't internalise the blame placed on you?

74.10 What's one thing you've learned about yourself from situations where you were blamed?

75

For those who work in teams



75.1 How might we communicate a little better with each other on a daily basis?

75.2 How could we find simple, quick, organic, non-embarrassing ways to regularly share something about ourselves with each other?

75.3 Do you feel that we're able to be curious with each other and ask the questions we need to? Why / not?

75.4 What do you value most in a team member?

75.5 The thinker Belbin says we tend to take on either a Social, Thinking or Action oriented role in a team. What role do you tend to naturally take on within a team setting?

75.6 How do you handle conflict within the team?

75.7 What's one thing that could help our team work more cohesively?

75.8 Do you think our team has a good balance of skills? If not, what's missing?

75.9 How could our team celebrate successes more effectively?

75.10 What's one change that could make our team meetings more productive?

76

For people with big dreams



76.1 If you were made Prime Minister for a week with full powers, what 3 laws would you pass?

76.2 What would you most like to achieve in the next ten years?

76.3 Do you feel that big accomplishments always mean big sacrifices? What have you sacrificed to get where you are today? What would you be willing to sacrifice to get where you want to get?

76.4 What's the biggest obstacle you've overcome on your way to achieving your dreams?

76.5 Who inspires you to keep pushing towards your goals?

76.6 How do you balance the pursuit of your dreams with other responsibilities?

76.7 What's one dream you had to let go of, and how did you come to terms with that?

76.8 What's the most unexpected support you've received in pursuit of your dreams?

76.9 How do your dreams influence your daily life?

76.10 How do you stay motivated when progress towards your dreams is slow?

77

For comforting a child who's crying



77.1 What would be the most fun thing we could do together for the next five minutes?

77.2 What do you imagine our cat/dog/hamster would say to make you feel better? How might they say it?

77.3 If a friend of yours was worried about this, what do you think might help them feel a bit better?

77.4 Can you draw what made you sad?

77.5 What colour do you feel like right now? What is a happier colour?

77.6 Do you want to try to make the saddest face you can, and then the silliest happy face?

77.7 Would you like to help me make a magic feel-better potion in the kitchen? What ingredients should we use?

77.8 What's a game you'd like to play that might make you feel a little happier?

77.9 Would you like to tell me about it, or would you like to hear about a time I felt the same way?

77.10 If we could go on an adventure right now, where would you want to go?

78

For people afraid of dying



78.1 Imagine you could live for an additional 500 years, what would you spend your extra time doing? Why?

78.2 When you think about death, what gives you the most anxiety? Are you afraid of dying or non-existence? Of missing out or the pain others will feel? Or something else?

78.3 Is there anything that you think you might regret not doing on your deathbed? What could you do to avoid that?

78.4 What do you hope people will remember about you when you're gone?

78.5 Do you believe in an afterlife? What does it look like?

78.6 Do you think the UK should be a bit more informal and real about death rather than treating it with such reverence and formality?

78.7 What practices or rituals do you think could bring you comfort or peace when thinking about your own mortality?

78.8 Have you ever talked to someone else about their feelings on death? What did you learn?

78.9 The most commonly requested song at funerals is 'My Way' by Frank Sinatra. How much do you feel that you've lived your life 'your way'?

78.10 What would you leave in a time capsule to your future great, great grandchildren about your life and hopes for them?

79

For creatives who've got stuck



79.1 Imagine there is someone who has been paid to sabotage your project. What might they advise you to do? What would the opposite of that be?

79.2 Ask a friend to provide you with the first three nouns that come to mind, for example, clock, chicken, bathtub. How might you combine these three things to create a new idea?

79.3 Take a book, open it at two random pages. Select the first adjective you come to on the first page, for example, 'naked'. Now open a new page and select the first noun you come to, for example 'lunch'. What new thoughts does this inspire? Continue this exercise until you get a new thought or idea. (The writer William Burroughs used this technique when he got stuck writing stories.)

79.4 If you could collaborate with any artist (dead or alive), who would it be and what would you create?

79.5 Where is an unusual physical setting to do work or think that might inspire you?

79.6 What piece of art do you wish you had created, and what does it inspire in you?

79.7 If your creative block was a monster, what would it look like? How would you defeat it?

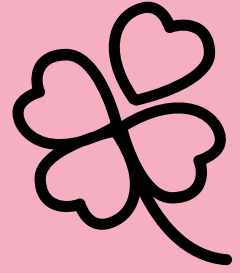
79.8 What's a project from another business you've seen that made you jealous? Why?

79.9 Do you have a ritual that helps get your creative juices flowing?

79.10 If you could take a sabbatical to work on anything without worrying about finances, what would you work on?

80

For those down on their luck



80.1 Finish this sentence, 'if my 12 year old self could be here with me now, they would tell me to...'

80.2 Would you rather live as you are now or teleport into the body of a random person from the 14th Century? Why?

80.3 What are the top 17 things you are grateful for in your life right now, however big or small?

80.4 If you could instantly master any skill, what would it be and how might it change your luck?

80.5 What's a lesson you've learned from this period of bad luck that you think will help in the future?

80.6 Can you think of a fictional story where someone overcame great odds? What did they do that you could borrow from?

80.7 List three things that went well today.

80.8 If you could give a pep talk to someone else feeling down on their luck, what would you say?

80.9 Do you think this period of bad luck has changed your perspective on what really matters? How?

80.10 How do you typically bounce back from setbacks? What's been effective for you?

81

For pillow talk with your sweetheart



81.1 Would you prefer that people thought of you as being sexy or smart? Why?

81.2 If one of us randomly won a fortune, would that change anything?

81.3 What secret would you like to whisper in my ear right now?

81.4 How do you think we've changed each other for the better?

81.5 What's the most comforting sound to fall asleep to (besides my voice obviously)?

81.6 If we could wake up anywhere in the world tomorrow, where would you choose?

81.7 What part of the day do you think about me the most?

81.8 If you could know one thing about our future, what would it be?

81.9 What's the silliest fear you have that I don't know about?

81.10 How do you feel our relationship has grown in the last year?

82

For those who can never make a start



82.1 In what ways were your parents overly demanding and strict?

82.2 What would be the bare minimum you could do on a piece of work to consider it a 'start'? How could you achieve that today? How could I help you?

82.3 Do you feel like other people's standards are too low, or that yours are too high?

82.4 What's one small goal you can set for tomorrow that feels completely achievable?

82.5 What's the most useful piece of advice you've ignored because it seemed too simple?

82.6 Who do you most admire for their ability to get sh*t done?

82.7 What is something you've been putting off that if completed, could really improve your life?

82.8 What distractions could you eliminate to improve your productivity?

82.9 Are you a morning lark, a night owl or somewhere in between? How can you take advantage of the time of day to be more productive?

82.10 Who in your life can hold you accountable in a supportive, not stressful, way?

83

For nervous students at freshers week



83.1 If you could get a famous actor to 'play' you for the next week, who would you choose? Why them? Are there any ways you could reverse that and 'play' them yourself?

83.2 How might you welcome someone nervous and make them feel at home? Is there any way that you could act as a 'host' and make them feel welcome for this week?

83.3 In what situations are you most comfortable and confident, are there any opportunities like that happening this week?

83.4 What's something you're really good at that you can share with new people you meet?

83.5 What clubs or activities are you thinking about joining?

83.6 What are you most excited and nervous about in starting university?

83.7 If you could design your ideal first week, what would it include?

83.8 What's a piece of advice you'd give someone even more nervous than you?

83.9 What are your strategies for coping with homesickness?

83.10 What's the most comforting item you brought with you to college?

84

For those where life seems bleak



84.1

If your life were turned into a novel, in what genre or category would I find it in Waterstones? Why there?

84.2

How often over the past few weeks have you felt the future was bleak?

84.3

When we were small, we all used to dream of being adults because we could buy ice cream whenever we wanted. But we don't. What small indulgence could you treat yourself to today that might cheer up your inner child?

84.4

When life gets dark, does your humour get equally dark? How does that help?

84.5

Who can you always rely on to lift your spirits when you're feeling down?

84.6

What's the kindest thing someone could do for you right now?

84.7

What's something you're proud of yourself for doing recently?

84.8

Who is someone you can talk to when you're feeling low?

84.9

What's a small achievement from the past that you can draw strength from?

84.10

What does a good day look like for you under the current circumstances?

85

For people feeling grateful



85.1 Who did something for you in the past that you never properly thanked them for? How might you show appreciation now, or, if they're no longer here, acknowledge it in some way?

85.2 In what ways do you feel you have been lucky in your life? How might you pass on some of your good fortune to someone else?

85.3 If you had to give an Oscar acceptance speech for your lifetime achievement award (however you define that), who are the top three people who you'd thank first? What might you say?

85.4 Who gives you energy in your life? How could you show your appreciation?

85.5 Describe a time where someone helped you out but where you haven't had the chance to thank them yet?

85.6 How do you regularly express gratitude in your life?

85.7 What's the best way someone has shown their appreciation for something you've done? How did that make you feel?

85.8 Is there a charity or cause you feel grateful towards? How could you contribute to it?

85.9 Who in your life do you think deserves more thanks than they get?

85.10 What's the most memorable act of kindness you've ever witnessed or experienced?

86

For people feeling hateful



86.1 Think of someone who you feel a bit jealous or envious of. What is it about their personality or approach specifically that works you up? Is it their determination? Their confidence? Their people skills? How might you bring a little of that into your own life?

86.2 When a friend does well in life, how do you feel? Is it the same with all friends, or just some?

86.3 Finish this sentence, I always feel calmer when I spend some time ...

86.4 What triggers feelings of hatred or envy in you most frequently?

86.5 Can you think of a constructive way to channel these feelings into something positive for yourself or others?

86.6 Do you notice a pattern in the types of people or achievements that tend to evoke feelings of jealousy in you?

86.7 What is one positive attribute you possess that someone else might envy?

86.8 How might understanding your feelings of envy lead to personal growth or self-awareness?

86.9 If you could turn your envy into admiration, who would you start with and why?

86.10 What steps can you take to cultivate a less competitive environment around you?

87

For people who don't like the look of their face



87.1 When you are really worried about your looks, what do you most worry about?

87.2 Is there something you are feeling guilty or worried about?

87.3 How might a good friend or loved one describe you?

87.4 When you look in the mirror, what's the first thing you look for?

87.5 What qualities do you most admire in others that aren't related to physical appearance?

87.6 What non-physical traits do you possess that you feel proud of?

87.7 Who is someone whose inner beauty you admire and what makes them stand out?

87.8 Can you think of a time when someone's personality made them more beautiful to you?

87.9 How does the way you talk to yourself about your appearance affect your mood and confidence?

87.10 Who are the people that make you feel loved regardless of your appearance?

88

For people who'd like to take up more space



88.1 In what situations do you feel you have the capacity to be more assertive?

88.2 Who do you admire who is great at standing up for themselves? What specific things do they do or say that make you impressed?

88.3 If you were more confident, what do you imagine you'd be capable of achieving in the next five years?

88.4 What specific situations do you find challenging to assert yourself?

88.5 What are some small, manageable steps you could take to start asserting yourself more?

88.6 How do you react when others dominate conversations? How would you like to react?

88.7 If you had no fear of judgement, what would you do differently in social or professional settings?

88.8 How can you prepare yourself before situations where you'd like to be more assertive?

88.9 What are some helpful phrases that could help you in asserting your opinions?

88.10 Who is a role model who embodies the type of assertiveness you aspire to? What can you learn from them?

89

For couples unable to have a child



89.1 How might we bring some of the joy of being around children into our lives a little more?

89.2 How might we mourn for not having had a child of our own?

89.3 What other outlets might exist for us for the love and affection we would have given to a child?

89.4 In what ways do you feel we might have become different people after having a child?

89.5 What are some creative ways we can contribute to the lives of children in our community or wider family?

89.6 How do you envision our future without children? What dreams should we pursue?

89.7 What aspects of our relationship do you think have grown stronger because of this sadness?

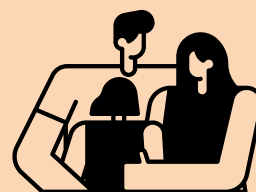
89.8 How could we best respond to external pressure or expectations regarding starting a family?

89.9 Can we think of a project or mission that might give us a sense of legacy or continuity?

89.10 What memories do we want to create together in the coming years?

90

For black sheep who want to be reconciled



90.1 Finish this sentence, 'one thing I regret saying, or doing is...'

90.2 What one thing do you wish you could be forgiven for? What one thing would you like to be able to forgive?

90.3 If you only had a week left to live, what would you most hope for?

90.4 What steps can you take to start healing old wounds within your family?

90.5 How has being the 'black sheep' shaped your view of family and relationships?

90.6 What qualities do you feel you bring to your family that are unique to you?

90.7 What do you think your family could learn from your experiences and perspectives?

90.8 Is there a family member who you feel might understand you better than others? How could you strengthen that relationship?

90.9 What do you most want to express to your family that you haven't yet been able to?

90.10 What are the conditions you'd need to feel safe and valued in your family?

91

For those who can't make mistakes



91.1 When you screw up, what do you imagine the other person saying or thinking?

91.2 When have you seriously messed things up? What happened? Were you ok?

91.3 How many times do you check an email or text before sending it? What are you really checking for?

91.4 How does the fear of making a mistake affect your day-to-day life and decisions?

91.5 How do you usually react to others when they make mistakes?

91.6 What's the worst-case scenario you imagine when you think about making a mistake, and how likely is it to happen?

91.7 Can you think of a time when a mistake led to an unexpected positive outcome?

91.8 What measures could you take to reduce the pressure you put on yourself about being perfect?

91.9 How does the fear of making a mistake influence your creativity or productivity?

91.10 What are some strategies you could employ to become more tolerant of imperfection in yourself and others?

92

For lovers of creamy cakes



92.1 What small, everyday pleasures do you most look forward to each day?

92.2 Do you feel guilty about indulging yourself? Why / not?

92.3 Do you believe that we should take moderation in moderation?

92.4 What is your fondest memory associated with eating cake or a special treat?

92.5 What's your favourite cake, pudding or treat to share with others, and why?

92.6 Do you prefer to eat treats alone or with company? What's the difference?

92.7 What pudding, cake or biscuit do you think represents your personality best?

92.8 When do you allow yourself a treat, and when do you forbid yourself?

92.9 If you could travel to any place in the world based purely on its attitude to cake, where would you go?

92.10 What role does pudding play in your general life philosophy?

93

For people who have to be brave



93.1 Which celebrity or historical character do you most admire? If they were advising you now, what might they say to you?

93.2 If you could drink a tonic that gave you superhuman confidence, what would you do?

93.3 When you see someone being vulnerable and struggling but doing it anyway, how does that make you feel?

93.4 What's the bravest thing you've ever done, and what pushed you to do it?

93.5 How do you get psyched up when you know you need to face something tough?

93.6 Can you recall a time when someone else's bravery inspired you to act?

93.7 Who do you think of when you need to be brave? Your mum? Or maybe your dad? Why?

93.8 What are some examples of 'small' braveries you've witnessed?

93.9 What does being brave feel like to you? What does it look like to others?

93.10 Is it possible to be brave if you aren't afraid? How has your definition of bravery changed over your life?

94

For thinking to ourselves silently at a grave



94.1 What would you have most wanted for me?

94.2 When were you happiest in your life?

94.3 I wonder what you would have most liked to tell me which you never did?

94.4 I wish I could have told you...

94.5 What lessons did I learn from you that took me too long to realise?

94.6 What do you wish we had more time to do together?

94.7 I'd like to thank you for...

94.8 I wonder, what would you be most proud of me for today?

94.9 When I think of you, it makes me feel...

94.10 I'm a better person now because you showed me...

95

For those who are self critical



95.1 When were you happiest as a child?

95.2 As a child, when and with whom did you feel most safe and comfortable? Why?

95.3 If you could describe the critical voice in your head, what would it look like? Would it have a colour? A shape? An accent? A face?

95.4 What achievements are others proud of but you often overlook?

95.5 How might your life change if you were less critical of yourself?

95.6 How do you think your self-criticism affects your relationships with others?

95.7 Do you think being self-critical has any benefits? If so, what are they?

95.8 What would you need to believe about yourself to lessen your self-criticism?

95.9 How does your self-criticism manifest? Is it thoughts, feelings, or actions?

95.10 What's the kindest thing you could do for yourself when you feel self-critical?

96

For smart thinkers who are analytical



96.1 Would you prefer to live a life of pleasure in a virtual reality machine or a normal life in the real world? Why?

96.2 When you think about how you are now, how much do you think is down to your genes, how much to how you were brought up and how much to your own choices?

96.3 In what ways do you feel like you're not as emotionally mature as you could be?

96.4 How do you approach making difficult decisions where emotions and logic conflict?

96.5 Do you think being highly analytical has helped or hindered your relationships?

96.6 How do you balance intuition and analysis in your life?

96.7 What's the last idea you had that made you stop completely and think hard?

96.8 Do you find it challenging to switch off and relax?

96.9 Have you ever over-analyzed to the point of indecision? How did you overcome it?

96.10 Do you feel you are as empathetic as you'd like to be? What gets in the way?

97

For talking with a bore



97.1 What is one memory from your childhood that scared you? Why? How has that affected how you live now?

97.2 Do you ever worry that people won't take you seriously? Why do you think that might be?

97.3 What is something that deeply worries you about the world that you feel other people haven't cottoned on to yet?

97.4 When was the last time you messed up or felt deeply embarrassed or ashamed?

97.5 What's the most unusual job you've ever had, and what did you learn from it?

97.6 Is there a skill you secretly pride yourself on? What is it?

97.7 What's a topic you secretly know more about than anyone else you know?

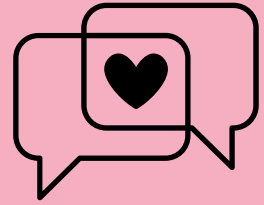
97.8 What's the best piece of advice you've ever received? Who gave it to you?

97.9 Do you have a favourite quote or saying that motivates you? What is it?

97.10 If you could change one thing about the way you were raised, what would it be?

98

For talking with someone you adore



98.1

In what ways are you anxious and difficult to be around?

98.2

In what ways do you feel your family knows the 'real you'?

98.3

What was your favourite soft toy when you were a child? When did you most need it?

98.4

What small thing makes you feel incredibly happy?

98.5

What are you most proud of achieving in your life so far?

98.6

Where do you feel most at home (apart from home)?

98.7

Who has been the biggest influence on your life?

98.8

What personal trait do you value most in yourself and in others?

98.9

What's something you've always wanted to learn more about?

98.10

How do you prefer to celebrate special occasions? In a small group or with a big crowd?

99

For talking in a foreign tongue



99.1 How might not being able to speak each other's language help you communicate better with someone?

99.2 How do you feel you communicate with others when you don't use words?

99.3 If the whole world were not allowed to use language for a week, what do you imagine the results would be?

99.4 What's your favourite word in your native language? Why?

99.5 What's the most beautiful expression in your language?

99.6 How do you express affection or friendship in your culture?

99.7 What's the most challenging part of learning a new language for you?

99.8 Do you think some emotions are better expressed in languages other than your native one?

99.9 What's the funniest misunderstanding you've had while communicating in another language?

99.10 They say that to have a second language is to have a second life. How does your language shape the way you see the world?

100

For thinking of when you were young



100.1 At what point (if any) did you stop considering yourself to be 'young'? Why?

100.2 Is there anyone from your past who you'd really hate to bump into again?

100.3 When you look back over the last 20 years, do you wish you'd studied more, earned more, exercised more or spent more time with your friends and family? Why? What could you do now?

100.4 Did you have a childhood dream career? How did it change as you grew up?

100.5 What's the most important lesson you've learned over the years?

100.6 What was your biggest misconception about the world as a child?

100.7 What were you most afraid of as a child, and have you overcome that fear?

100.8 What's a childhood memory that makes you smile every time you think about it?

100.9 Who was your first best friend, and are you still in touch with them?

100.10 What childhood interest have you carried into adulthood?