

Questions to Prompt Telling Life Stories

Questions about childhood:

- Which was your favorite room in the house where you grew up and why? What activities did you do there? What colors were in the room? What did it smell like? Who do you remember spending time with there?
- Who was your childhood best friend? How did you meet them? What did you love about them? What was an adventure you shared together? What were your favorite games to play?
- What family traditions did you enjoy as a child? What other family members were part of those traditions?
- Tell me about a memorable holiday in your childhood.
- Tell me about a day you remember spending with a parent or other adult and what you did together.
- What was the best gift you ever received as a child? Was it something you asked for and wanted for a long time, or was it a surprise? What is your favorite memory of using it?

Questions about relationships and family:

- What is your favorite or funniest memory of each of your siblings? What did you tease your siblings about when you were young? What did you play together? What did you fight about?
- Who was your favorite uncle or aunt when you were a child? What activities did you enjoy with them? Tell about a visit with them that you remember.
- How did you meet your partner? What did you think of them when you first saw them? How did you start dating?
- Did you love someone before you met your partner? What happened in that relationship?
- What is your favorite or funniest story about each of your children?
- What do you admire about each of your children?

Questions about self:

- What has been your biggest success in life? What are you most proud of? Why is that accomplishment important to you?
- What has been your biggest challenge in life, and how did you overcome it? If you could face that challenge again, would you handle it differently?
- What were your goals for your life as a child? What about as a young adult? What are your goals now? Which goals have you achieved, and which have changed?
- What is your best advice for life that you would want to share with your children and grandchildren?

Questions about history and culture:

- What was the most important historical event that you remember? Where were you when you learned about it? What did you think about it at the time? Why was it important?
- What is the biggest change in the world from when you were a child till now?

- What celebrity did you admire when you were young? Did you have a ‘celebrity crush’? Have you ever met any famous people, and if so, how did you meet them and what did you think of them?
- What was your favorite movie as a child or a teenager? When did you first see it, and whom did you watch it with? Why did you love it then? Do you still love it now, and why?
- What was your favorite book as a child or teenager? Why did you love it? What did you imagine about it? Did you ever create any fan art? Did you imagine you were one of the characters, and if so, which one and why?

From the Guide to Life Stories: <https://www.thecareside.com.au/post/life-story-exercises-for-seniors/>