

QUESTION/JOURNAL PROMPTS

Low Risk/Less Threatening:

1. If you could take a vacation, where would you go and why?
2. What book should everyone read in his or her life? Why?
3. What is one thing guaranteed to make you smile?
4. What are three possessions you would want with you on a desert island?
5. What family tradition do you want to continue/add with your own family?
6. If you had to pick a theme song for your life, what would it be?
7. Do you prefer the sunrise or sunset and why?
8. If a Hollywood movie were to come to life, what movie would you want to be reality?
9. If you were a website, what would your address be?
10. What is something you enjoy that other people consider to be a chore?
11. What creature comfort could you not live without?
12. What is your favorite holiday of the year and why?
13. If given the ability, in what Olympic sport would you most want to compete?
14. You're having a dinner party, who do you invite (dead or alive)?
15. What song is on your iPod right now?
16. What is your favorite channel on TV? What is your favorite radio station?

Medium Risk/More Threatening:

1. What are you most proud of about yourself?
2. How would you like to be remembered?
3. What three values explain who you are on the inside?
4. What is one thing you would change about your life?
5. What is a great piece of advice you have gotten? Where did you get it?
6. Where are you most at peace?
7. When was a time you doubted yourself? What caused the doubt?
8. Who is a very influential person in your life?
9. With what group do you feel most accepted?
10. Is there a book or a movie that has dramatically affected your life?
11. Do you have a favorite quote or inspirational message?
12. Have you ever made an unlikely friend? Who and why was it unlikely?
13. What do you hope will be your biggest accomplishment in life?
14. If you could earn a noteworthy award, what would it be and how is it earned?
15. What three words do you want to be described by?
16. What is one thing you would fight for?
17. What are you passionate about? What do you stand for?

High Risk/Most Threatening:

1. What is something that you wish your friends or family better understood about you?
2. If you could find the courage to do one thing you've always been afraid of, what would it be?
3. When was the last time you cried? What prompted it?
4. When was the last time you were really angry? What prompted it? How did you behave?
5. What person would you like to have a better relationship with? How would it be different?



6. If you had to name a personality trait you've worked hard to change, what would it be?
7. What is one of the most challenging things you've ever had to do?
8. What do you most want to change about your family?
9. Complete the sentence, "I was put on this Earth to..."
10. During what time in your life have you experienced the most personal growth?
11. When did you last take a serious risk? What was it and what was the outcome?
12. What is one of your fears in the years ahead?
13. What two people, unrelated to you, do you love?
14. If someone asked you how you've made a difference in the world, what would you say?
15. What is the most rewarding thing you have done for someone else?
16. If you had the opportunity to correct a mistake in the past, what would you correct? Why?
17. We all have regrets, what is one that you live with? Would you change the event? How?

