

# Questions to Explore Values, Ideas, & Beliefs

MindReMakeProject 2020

## CONVERSATION STARTERS

What is the most interesting thing you heard this week?  
What's the one thing you really want to do but have never done, and why?  
If your life was a book, what would the title be?  
What do you do when you're bored?  
What's a unique talent that you have?

## MENTAL HEALTH & ADDICTION

On a scale from 1 to 10, where are you at in your recovery and what does that number mean to you?  
What would your life be like if you weren't addicted to something?  
What's one thing you wish everyone knew about mental illness?

## PERSONAL DEVELOPMENT & VALUES

Are you making an impact or constantly being influenced by the world?  
Where were you one year ago, where are you now, and where do you want to be a year from today?

## FAMILY & RELATIONSHIPS

Have you ever failed anyone who you loved or loved you? Explain.  
Who is your favorite person?  
What was it like growing up in your family?

## EMOTIONS

If happiness was a currency, how rich would you be?  
How do you express happiness?  
Tell about a time you were heartbroken.  
What is the difference between guilt and shame?  
If your mood was a weather forecast, what would it be?  
What embarrasses you?  
When do you feel most at peace?  
What does it mean to forgive?

## THOUGHT-PROVOKING

If you cloned yourself, which of your characteristics would you not want cloned?  
What's the difference between you and most other people?  
If today was the end of the world, what would you do?  
What would you do if you won the lottery?  
If you could change one thing about yourself, what would it be?  
How do you think others see you?  
How do you get someone's attention?  
What masks do you wear?  
Tell about a poor decision you made.  
When is the last time you failed at something? How did you handle it?  
If you died now, would you have any regrets?