

## Questions for Getting to Know Parents & Others from Rev. Alison Eskildsen

*If you ask some of the questions below, you may:*

1. Gain new empathy and understanding for how your parents impacted your life
2. Gain new insight into why you do things the way you do
3. Provide a chance for you to show appreciation for your life in your parents' lifetime

*Here are the questions:*

- What did you really want as a kid but never received?
- What is your happiest memory from your childhood? Most difficult memory?
- What did you want to be when you grew up? Did you meet that goal—why or why not?
- What made you fall in love with your significant other or spouse?
- What was your family life like when you were a child?
- How would your parents describe you as a child?
- When did you realize you were no longer a child?
- What's been your biggest life disappointment? Mistake? Accomplishment? Joy? Sorrow?
- What were the forks in your road, and why did you choose the path you took?
- If you could do it over, what would you do differently in life?
- What is one thing you never understood about your own mother or father?
- What traits did you inherit from your mother or father?
- What did you love most about your mother or father?
- What do you wish you knew about your own mother or father?
- Do you wish your relationship with them were different? Explain.
- What family traditions were most important to you? Did you carry these on?
- How would you describe yourself in 3-5 words?
- What would you change about yourself if you could?
- What do you love most about yourself?
- What renews your spirit the most?
- What gives you joy in life?
- What was the best advice you've ever received? Given? What can you advise me about how to live the best life possible?
- What causes or issues are most important to you?
- Do you think your child/ren are like you? Explain.
- What is the best part of being a parent?
- How did becoming a mother or father change you? Fulfill you? Challenge you?
- What do you hope you've taught or will teach your kids? Your grandkids?
- What are you most proud of regarding your children?
- What have you always wanted to tell me (the interviewer) but haven't?
- What's your personal strength? When did you gain it, or how?
- When did you feel best about yourself?
- What do you wish you would have learned earlier in life?
- How do you want people to remember you or celebrate your life after you are gone?
- What do you think about death?