

## Possible conversation questions for contemplation

In which ways were you true to yourself and in which ways did you sometimes compromise and live the way others expected you to?

What stopped you from doing what you wanted?

What would you have done differently if you had to do it over again?

What dreams have you not fulfilled/have fulfilled?

What words of wisdom can you give me about living a life in which I am true to myself?

How do you do that?

How do you feel about your work ethic/about the amount you worked?

Do you sometimes wish you hadn't worked so hard?

What work are you most proud of?

What did you work hardest at in life?

What did you miss out on as a result of your hard work?

Did you always express your feelings to others?

What happened as a result of expressing feelings? Not expressing feelings?

What words of wisdom do you have for me about talking about feelings?

Did you lose touch with people through your life?

How do you feel about that?

With whom do you wish you had kept contact?

What would you like to say to people that you have lost contact with/are in contact with?

Do you feel as if you would like to see someone again, know what happened to them?

Do you think happiness is a choice?

What words of wisdom do you have to live a happy life?

What does happiness mean to you?

What has given your life the most meaning?

