

Summer Wellness Challenge



Life Review: Sample Questions

CHILDHOOD

1. When and where were you born?
2. Where did you grow up?
3. What was your community like growing up?
4. What kind of schooling did you have?
5. Tell me about your parents/stepparents?
6. Did you have any brothers or sisters? Tell me about them.
7. How would you describe yourself during your childhood?
8. What was it like when you were a teenager?

ADULTHOOD

1. Did you marry? At what age? If not, why not?
2. Tell me about your marriage, about your first job, about leaving home.
3. Tell me about your career. What were you doing in your 30's, 40's and 50's?
4. Did you have children? Tell me about raising your children.
5. What was your relationship with your children over the years?
6. Do you have a close relationship with your children now?
7. Who else are you close to?

INFLUENTIAL RELATIONSHIPS

1. Who have been influential people at various stages in your life? Why? When? What were you doing at that time?
2. Who are the important people in your life now?
3. Do you keep in touch with any of your old friends?
4. If you had to pick one person who had a major impact on your life, who would it be? Why?
5. How have your friendships changed through the years?

RETIREMENT AND BEYOND

1. How do/did you feel about retirement? Describe your health and your feelings about it.
2. Could you describe to me a typical day?
3. What makes you happy now?
4. Who are the people you are closest to now? How often do you see them? How many friends would you say you have now?

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SUCCESSSES, DISAPPOINTMENTS, TURNING POINTS

1. What do you feel have been the important successes in your life?
2. What do you feel have been the disappointments?
3. If you could live your life over, what would you do differently?
4. What about your life would you change?
5. Could you describe any turning points in your life?
6. What have been the most influential experiences in your life?
7. What sorts of things frighten you now? When you were in your 60's, 50's, 40's, 30's, 20's or a child?
8. What sorts of things give you the most pleasure now? When you were in your 60's, 50's, 40's, 30's, 20's or a child?
9. What is your best quality? Your worst quality?
10. Do you have any philosophy of life? If a person came to you asking you what the most important thing in living a good life is, what would you say?
11. What do you think has stayed the same about you during your life? What do you think has changed?
12. How do you see yourself?
13. Social history – did they live through times such as the Great Depression or world wars?

FEELINGS ABOUT AGING

1. Did you have any expectations at various points in your life about what growing older would be like for you? What about when your parents grew older?
2. How do you feel about growing older?
3. What is the hardest thing about growing older? The best thing?
4. What would you still like to accomplish in your life?
5. Do you think about the future? make plans? What are your concerns for the future?