



# SELF CARE NEWSLETTER

Running out of topics of conversation with your family and friends? Make your talks more interesting and fun with these questions.

Find more questions at:

<https://conversationstartersworld.com/>


[https://ggia.berkeley.edu/practice/36\\_questions\\_for\\_increasing\\_closeness](https://ggia.berkeley.edu/practice/36_questions_for_increasing_closeness)

**What is the best/worst concert you've attended and why?**

**If a theme song played every time you entered a room, what would it be?**

**What experience taught you the most about yourself? What did you learn?**

**What is something you got away with as a kid/teen that no one knows about?**



Tell me the story of your favorite object in your house (who gave it to you, meaning, why you love it).

If you could live inside a tv show, movie, or book, which would you pick and why?

Which superhero would you be? What super power would you have?

What is something you have overcome and how?

What is something you want to learn? to teach?

What is something you taught yourself to do?

What will you forever be grateful for?

What makes you smile, laugh, cry, scream, dance, sing, jump for joy?

Tell me your favorite childhood memory.



What is something your children think they got away with, but you have known all along?

What would you like to be known for?

Would you rather live in a cave or a tree house?

What is the most useless talent you have?

What weird food combination do you like?

What experience did you hate to go through? What good came out of it?

What is the best thing you've ever done?

What is the most bizarre or funniest thing that has ever happened to you?