


1000

SOCIAL
EMOTIONAL
QUESTIONS

David Paris



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1000 Social Emotional Questions

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INTRODUCTION

1000 Social Emotional Questions is an introspective journey, a window into our lives, and an invitation for dialogue. Each question opens doors for rich discussions among friends, family, or in the classroom. These questions will:

- increase self-knowledge and awareness,
- establish mutual respect through sharing experiences, beliefs, and perspectives,
- develop critical and creative thinking by considering open-ended questions,
- improve self-expression,
- help define our identity and sense of self,
- strengthen self-confidence by reflecting on the past and setting goals for the future,
- create opportunities to be seen, heard, and valued.

Enjoy the 1000 ways to reflect and ponder. An adventure of contemplation and conversation awaits.



YOUR LIFE

1. If you had to make a 2-minute **movie trailer** for your life, what events would you include?



2. What **amusement park ride** best **mirrors** your life? Why?



3. If you came with a **warning label**, what would it say?



4. If a **moment** in your life went **viral**, what would it be?





5. What is your **most valuable possession**? Why?



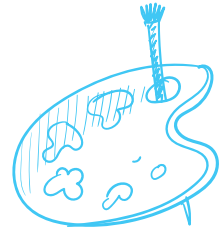
6. What **number** has **profound meaning** in your life?
7. What **number** appears in your life **over and over** again?



8. What does your **perfect day** look like?
9. What does the most **imperfect day** look like?



10. If you were a **master painter** and could **paint anything**, what would you paint?
11. What **would you do** with the **painting**?
Keep it? Sell it? Exhibit it?



“

OGRES ARE LIKE ONIONS.

- Shrek

”



12. What **movie** have you seen **over and over** again?
13. What about the **movie** made you **watch it repeatedly**?
14. What is your **favorite quote** from a **movie**?



15. What is a **favorite spot** in your **home** or **around your home**?



16. What gets on your **nerves**?
17. How do you get on other people's **nerves**?



18. When do you like **certainty** and when do you like **uncertainty** or variety?



19. What is something you **love to do** and **haven't done in a while**?



20. What is one thing you **always wanted** to do but **never** got to do?



21. What are things that other people **don't care** about, but you find **interesting**?
22. What do other people find **interesting** that **doesn't appeal to you** at all?



23. What's something about yourself you **hope** will **never change**?



24. What's the **best and worst** part about being **your age**?
25. What **advice** would you give someone **raising someone your age**?



26. What **meal** do you have when you are **sick**?
27. What do you **eat** to **celebrate**?

“

IF YOU REALLY WANT TO MAKE A FRIEND, GO TO SOMEONE'S HOUSE AND EAT WITH HIM... THE PEOPLE WHO GIVE YOU THEIR FOOD GIVE YOU THEIR HEART.

- Cesar Chavez

”



28. What do you **cook** when you want to **impress** someone?
29. What **meal** do you like **having made** for you?



30. What **traditions** do you **cherish**?
31. What new **traditions** would you like to **create**?



32. What is **meaningful** to you in **your life**?
33. What is **meaningful** for **other people** in your life?



34. What **five words** would you use to describe **your** life?
35. Which **five words** would **your friends** pick?



36. Which **five words** would **your family** pick?
37. What **five words** would you use to describe **your ideal** life?





38. How have you **changed** in the last **five years**?
39. In what ways have you **not changed**?

“

THERE IS NOTHING PERMANENT EXCEPT CHANGE.

- Heraclitus

”

40. How were your **changes** influenced by **what happened** in your life?
41. What **changed** in the last 5 years **surprised** you most?
42. What about you now would have **surprised** you **five years** ago?



43. What is the **story** behind your **name**?
44. What **name** do you **like** to be called?
45. What might you **name** your **children**?
46. If you could have **chosen your own name**, what would you have named yourself?
47. What **tone** does your **parent** use when they are **mad** at you and they call your name?





48. What do you know to be **absolutely true**?

“ WHAT I KNOW FOR SURE IS THAT SPEAKING YOUR TRUTH IS THE MOST POWERFUL TOOL WE HAVE.

- Oprah Winfrey



49. What are **illusions** in your life?

50. What **illusions** do you **hold** on to in your life?



51. What do you **wish** you had **learned** earlier?

52. What do you **wish** someone had **taught you** that you had to learn yourself?

53. What are you still **learning**?



54. When do you **waste time**?

55. When are you **most efficient**?





56. What do you **daydream** about?



57. When does **time** go by **quickly**?

58. When does **time** go by **slowly**?



59. How do people **misjudge** you?

60. What do people think about you that **accurately captures / reflects** who you are?

61. When do you feel **understood**?



62. Who is the **smartest person** you know?

63. In what **ways** are they **smart**?



64. What **routines** do you have?

“

THE BAD NEWS IS
TIME FLIES. THE
GOOD NEWS IS
YOU'RE THE PILOT.

- Michael Altshuler

”

“

THE ABILITY TO
OBSERVE WITHOUT
EVALUATING IS THE
HIGHEST FORM OF
INTELLIGENCE.

- Jiddu
Krishnamurti

”





65. When has **someone treated you** as though you were **younger** than you were?
66. How did it make you **feel**?
67. When has **someone treated you** as though you were **older** than you were?
68. How did it make you **feel**?
69. When has an **adult** treated you as an **equal**?



70. How many things can you **do** at the **same time**?
71. **What are they**?



72. What comes **easy** to you?
73. What is **easy** for you that is **hard for others** and you have no idea why?
74. What do you find **difficult**?
75. What is **difficult** for you that's **easy for others** and you don't know why?



76. What do you **need more** of right now?

77. What do you **need less** of?



78. When is **letting go** difficult?

79. What do you want to hold onto **forever**?

80. When have you **lost** something you **cared about**?

81. When have you **discovered** something **amazing**?

“ THE REAL VOYAGE OF DISCOVERY CONSISTS NOT IN SEEKING NEW LANDSCAPES, BUT IN HAVING NEW EYES.

- Marcel Proust



82. When do you experience **vitality** in your life?

83. What have you **reassessed** in your **life**?

84. What did you **decide** to do **differently**?



85. How many **rainy days** in a month do you need to appreciate a **sunny day**?



86. Which **season** represents your **personality**? How?



87. What are some **rules** at home you think are **fair**?

88. What are some **rules** at home you think are **unfair**?

89. What would you **change**?

90. What rule would you **create**?



91. What is something you **believe** that most people don't?



92. What gives you **hope**?

93. What **deflates** you?



94. How do you **identify** yourself?

95. How do your **identities** affirm who **you are**?

96. How are you **more** than your **identities**?



97. What is your **relationship** to **authority**?

“

ONLY IN DARKNESS
CAN YOU SEE
THE STARS.

- Martin Luther King Jr.

”

98. How do you **act** when you are in **charge**?



99. When do you want **independence**?

100. When do you want **support**?

101. When do **rules** interfere with your **freedom**?



102. What makes **sense** now that didn't when you were **younger**?



103. What is "**maturity**" to you?

104. In what ways have you **matured**?

105. How have you **not matured**?

106. In what ways do you **never** want to **mature**?



107. How does your **past** influence your **present**?

108. How does your **perception** of the **future** influence your **present**?

“ MAYBE YOU ARE SEARCHING AMONG THE BRANCHES
FOR ONLY WHAT APPEARS IN THE ROOTS.

- Rumi

”



109. How do you want to make a **difference** in the **world**?

“ NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL,
COMMITTED CITIZENS CAN CHANGE THE WORLD: INDEED,
IT'S THE ONLY THING THAT EVER HAS.

- Margaret Mead

”

110. How can you be the **change** you **wish** to see
in the **world**?



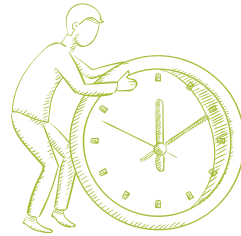
- 111. In what **ways** is your **life fulfilled**?
- 112. What can you do to maintain that **fulfillment**?
- 113. In what ways is your **life unfulfilled**?
- 114. What can you do to **create** more **fulfillment**
in your life?





YOUR PAST

115. What was the **loooooongest** day of your life? Why?



116. What **advice** would you give others based on your experience?



117. **Who** has **shaped** the way you **see the world**?
118. **What** has **shaped** the way you **see the world**?
119. **Who** have you **influenced**?

“ STUDY THE PAST IF YOU WOULD DEFINE THE FUTURE.
- Confucius

”



120. What did you do when you were **younger** that you would **never do** now?

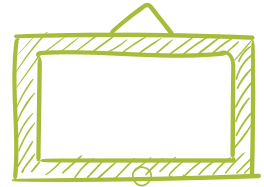


121. What was the **worst test** you ever took?



122. What are your **bittersweet memories**?

123. When do you feel **nostalgic**?



124. What is something you **tried** to like **but couldn't**?



125. What was your **favorite story** as a child?



126. What is something you **love** now that you never thought you would **love**?

127. What is something you **hate** now that you never thought you would **hate**?



128. What is something you were **told as a child** that was **not true**?



129. What would you like to have had a **second chance** at?

130. When do you **give** people a **second chance**?



131. How **quick** are you to **forgive** someone?

132. What are your **conditions for forgiving** someone?



133. What was a **time** when someone was surprisingly **generous** to you?

134. When have you been **generous** with **other people**?

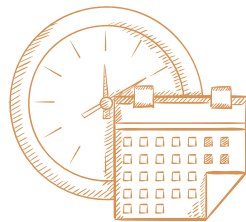


135. What **mistake** have you **learned** from?

136. What **mistake** do you make **over and over** again?



137. When has **history repeated itself** in your life?





YOUR FUTURE

138. What are **five things** you want to do in the future?

“ THE BEST WAY TO PREDICT YOUR FUTURE IS TO
CREATE IT.
- Alan Kay ”



139. What will be the **best part** of being an **adult**?

140. What will you **miss** about being a **kid**?



141. What is your **greatest hope** for the **next generation**?

142. What is your **greatest fear**?

“ THE FUTURE INFLUENCES THE PRESENT JUST AS MUCH AS THE PAST.

- Nietzsche

”



143. What can you do now to **improve your life** in the future?



144. What would be the **best job**?

145. What **jobs** do you **never want**?

146. What **jobs** will **exist** in the **future** that do not exist now?

147. If money was not an issue, what **job** is perfect for your **personality**?

148. What **jobs** absolutely **do not** fit your **personality**?



149. How would you describe **your future self**?



150. Which **future birthdays** will be the **most important** to you? **Why?**



151. How will you define **success** for yourself?



152. Do you want **kids** one day?

153. If so, **how many?**

154. How will you **raise** them?



155. How have your **past experiences** influenced your **view of the future?**



156. What do we take for **granted** now that may not **exist** in the future?





SELF-AWARENESS

157. What **motivates** you?

“

THE MAN WHO SAYS I CAN AND THE MAN WHO SAYS I CANNOT ARE BOTH CORRECT.

- Confucius

”

158. What **tasks** do you find **difficult to motivate** yourself to do?
159. What **reduces** your **motivation**?
160. **Who** is good at motivating you or helping you **stay motivated**?
161. **What** in your **physical environment** helps you **stay motivated**?
162. What **distracts** you?
163. How do you **motivate others**?





164. When is **vulnerability** an asset?



165. What **habit** would you like **to make**?
166. What is a **habit** you want **to break**?
167. What would be a **tiny change** that could become **significant over time**?
168. What are your **healthy** and **unhealthy habits**?
169. What **habit** did you **successfully change**? How?
170. What **habit** have you wanted to **change** but were **unable** to?
171. What did you **try**?
172. What **haven't you tried**?



“

FIRST FORGET INSPIRATION. HABIT IS MORE
DEPENDABLE. HABIT WILL SUSTAIN YOU WHETHER
YOU'RE INSPIRED OR NOT.

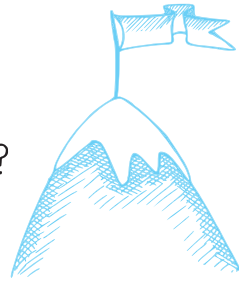
- Octavia Butler

”





173. What **beliefs** do you **have** about the world?
174. What **beliefs support** the way you think?
175. Which **beliefs empower** your life?
176. Which **beliefs** are **limiting**?
177. Which of your **beliefs** have **changed** over time?
178. What would you have to **believe to achieve** what you want to achieve?
179. What **evidence** is there that this **belief** could be **true**?



180. How do your **actions** reflect your values?
181. Have you done something that does **not reflect** your **values**?



182. What do you **avoid**?
183. When is **avoidance** a good **decision**?
184. When is **avoidance** a **problem**?



185. When is it **important** to be **skeptical**?
186. Can you be **too skeptical**? Why?

“

WE MUST BE SKEPTICAL, EVEN OF OUR SKEPTICISM.

- Anonymous

”



187. What is your relationship to **superstition**?



188. How do you feel about **competition**?
189. How do you act when you **win**?
190. How do you act when you **lose**?
191. Do you prefer **competitive** environments or **cooperative** environments?
192. How do you measure **success**?
193. Are you too **harsh** on yourself or not **harsh** enough?
194. When are you **secretly** competitive?



195. Do you often **compare** yourself to others?

“ A FLOWER DOES NOT THINK TO COMPETE WITH THE FLOWER NEXT TO IT. IT JUST BLOOMS.

- Zen Shin

”

196. Is comparison **helpful or harmful**?
197. When are you **least and most judgmental** of others?
198. What is the **difference** between **admiration and jealousy**?
199. How are you **judgmental** of yourself?
200. In what ways can you be more **accepting** of yourself?
201. How can you translate **judgmental thoughts** into **non-judgment**?



202. When have you acted **irrationally**?
203. Do you **regret** it?
204. When is **regret** useful?



205. What do you spend **too much time** doing?
206. What do you **not** spend **enough time** doing?





207. How much of what you think about is **common** for other people?
208. How much of what you think about is **unique** to you?



209. How do you maintain a **positive mindset**?
210. When does **negativity** rule your mind?
211. What do you do to **change** the way you **think and feel**?



“

IF YOU DON'T PROGRAM YOURSELF, LIFE WILL PROGRAM YOU.

- Les Brown

”



212. When did you think something was **impossible**, but it turned out to be **possible**?



213. How does the your **choice of music** affect your **mood**?





214. What is **art**?
215. Do you have an experience of **music or art** that other people don't understand?



216. What **changes** bother you and which don't?
217. What do you **want to change**?
218. What do you **want to keep the same**?



219. When you **listen** to your **thoughts**, how do you narrate what goes on around you?
220. What **empowering thoughts** can you add to your narration to feel better?

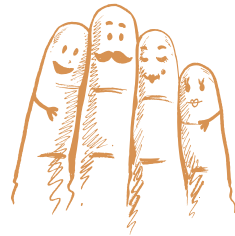


221. How do your **thoughts** affect your feelings and actions?
222. How do your **feelings** affect your thoughts and actions?
223. How do your **actions** affect your feelings and thoughts?



FAMILY

224. What are the **relationships** like in your family?
225. What do you **value** about your family?
226. What is the **most important** thing you have learned from your **family**?
227. What do other members of your family **think** is important?
228. Are there people unrelated to you who you **consider family**?
229. What is **family**?



“ FAMILY IS LIKE BRANCHES ON A TREE. WE GROW IN DIFFERENT DIRECTIONS, BUT OUR ROOTS ARE THE SAME.

- Anonymous

”



230. What **three words** would you use to describe your **family**?



231. What **qualities** do you admire in members of your family?

232. When do you **get upset** when you are with your family?



233. What's a **perfect day** that you had with a family member that you would like to **recreate** for your kids?



234. How does your family **celebrate birthdays**?

235. What would you do if they **forgot your birthday**?



236. What is your family **strict** about?

237. What are they **relaxed** about?

238. What are they **inconsistent** about?