

## QUESTIONS FOR MEMOIRISTS

- What are my earliest memories? How far back can I remember?
- What are the most important things that have happened to me in my life so far?
- What have I seen that I can't forget?
- What's an incident that shows what my family and I are like?
- What's an incident that shows what my friends and I are like?
- What's an incident that shows what my pet(s) and I are like?
- What's something that happened to me at school that I'll always remember?
- What's something that happened to me at home that I'll always remember?
- What's a time when I had a feeling that surprised me?
- What's an incident that changed how I think or feel about something?
- What's an incident that changed my life?
- What's a time or place that I was perfectly happy?
- What's a time or place that I laughed a lot?
- What's a time or place when it felt as if my heart were breaking?
- What's a time with a parent that I'll never forget?
- What's a time with a grandparent that I'll never forget?
- What's a time with a brother or sister that I'll never forget?
- What's a time with a cousin or another relative that I'll never forget?
- Can I remember a time I learned to do something, or did something for the first time?
- What memories emerge when I make a time line of my life so far and note the most important things that happened to me each year?