

TABLE TALK

SUMMARY

The people we are closest to can in some ways be the people we know the least. Our comings and goings in various periods in our friend’s and family’s lives means that their stories have had twists and turns we may not even be aware of. Sharing stories around the table, during meals or other gatherings is a long-standing and deeply communal human practice. So, while you are passing the peas, try passing a bowl of these questions around as well and see what stories are there to be told!

MATERIALS NEEDED

- list of questions (below or your own)
- container to keep questions

WHAT TO DO

Cut out your list of questions, put them in a bowl, dish, hat, plastic pumpkin, etc. Pass the container around the table at a family meal, holiday gathering, friend get-together, date night, etc. If a question doesn’t fit your life at the moment, select another and let the stories begin.

What are the most important things in your life?	What do you consider to be your strongest character traits?	What traits or habits do you wish you didn’t have?
Do you believe people can change?	Do you believe in a higher power?	Has life made you more hopeful or more cynical?
What do you consider to be the biggest world events of your lifetime?	Do you think life is harder or easier than when you were younger?	What are you most proud of in your life?
What is the most surprising gift you ever received?	What do you hope to be remembered for?	What do you wish you could have asked your parents?

What was the home and the neighborhood you grew up in like?

Which of your parents are you closer to?

What is your role in your family?

What were/are your siblings like?

What kind of student were/are you?

Other than family/friends, who are the most important people in your life?

What were the happiest times in your youth?

What have been your biggest disappointments?

What do/did you imagine your adult life will/would be like?

Were you and your spouse in love from the start or did it take time?

What has been the most rewarding part about raising children?

What is the most difficult part about raising children?

Do you have any good parenting advice?

How are you like your parents?
Different?

What was/is the best job you ever had?
The worst?

Was there one person who had a big impact on your working life?

If you had to do it all over again, would you choose the same career?

Who makes you laugh the hardest?

Do you have a favorite book or author?

Do you have a favorite movie?

What was the best trip you ever took?

If you could go somewhere you've never been, where would it be?

If you could live any place in the world, where would it be?

What are five things you couldn't live without?

What's your most beloved personal possession?

What's the bravest thing you've ever done?

What's the scariest thing you've ever done?

Is there anything you've always wanted to do but never did?

What were the best years of your life?

What was the hardest decision you've made?