

Our Family and Our Long-term View Process Questions*

Do you think that your family will be better off 10 years from now? How will that look? How will you make that happen?

What would you consider a perfect evening for your family? How could you make evenings like this occur more frequently?

What do you admire most about each of your family members? How does each of your family members inspire you?

If at birth you could choose your children's professions, what would you choose and why?

If you could wake up in the morning and have gained any one ability or quality, what would you want it to be?

Are there people you envy enough that you want to change lives with them? Why? How can you make some of that happen in your own life?

What is each of your family member's most treasured memories?

If you knew there would be a nuclear war in one week, what would you do? Are any of these things, things you could do now to improve your life?

Do you have any long-term, specific goals? What are they, and how do you plan on reaching them?

For what in your life do you feel most grateful?

Do you feel that advice from an older person carries more weight because of their greater experience?

When has your life dramatically changed as the result of some seemingly random external influence? How much do you feel in control of your life?

After a medical examination, your doctor calls and gravely says you have a rare lymphatic cancer and only a few months to live. One week later, she informs you that the lab results were mislabeled; you are perfectly healthy. Forced for a week to look death in the face, you have been allowed to turn and go on. During those difficult days you would certainly have gained some insights about yourself. Do you think they would be worth the pain?

If you knew that in one year you would die suddenly, would you change anything about the way you are now living?

You wake up one morning and your life is perfect, exactly as you would dream it could be. What does that look like? What would it take for you to make that life your life today?

Is there something you've dreamed of doing for a long time? Why haven't you done it?

What are your most compulsive habits? Do you regularly struggle to break those habits? What would it take to break those habits? What one thing can you begin doing today to begin the process of change?

What do you most strive for in your life: accomplishment, security, love, power, excitement, knowledge, or something else?

If you could be anywhere, doing anything you want in 10 years, where would you be, and what would you be doing? What can you start doing today to make that happen?

Since adolescence, in what three-year period do you feel you experienced the most personal growth and change? What did you do to make that happen?

If your parents became infirm and the only alternative to bringing them into your home was to put them in a nursing home, would you do so? What about a sister or brother who suffered a permanently crippling injury and – other than your home – had nowhere to go but a convalescent home?

Who is the most important person in your life? What could you do to improve the relationship?

How many of your friendships have lasted more than 10 years? Which of your current friends do you feel will still be important to you 10 years from now?

What do you like the best about your life? Least?

Do you establish routines in your life? For example, do you usually sleep in the same place in your bed? Eat meals at the same time?

What has been your biggest success in life? How did it make you feel? What did you do to create that success?

If you could script the plot for the rest of your life, what would the story be?

What would you like to be doing five years from now? What do you think you will be doing five years from now?

Do you feel that you have enough time to do all the things you consider important? What one thing that you are not currently doing do you see as the most important? What would you have to change to start doing that one thing today?

**Many of these questions were taken from The Book of Questions by Gregory Stock, Ph.D.*