

# Open-ended Conversation Starters

Questions about your day:

1. What made you smile today?
2. Can you tell me an example of kindness you saw/showed?
3. Did anyone do anything silly to make you laugh today?
4. What was the best thing that happened today?
5. Did you help anyone today?
6. What is something you saw today that made you think?
7. What is something you know today that you didn't know yesterday?
8. What are you looking forward to tomorrow?
9. If you could change one thing about your day, what would it be?
10. What made you feel happy today?
11. What made you feel proud today?
12. What made you feel loved today?

Miscellaneous:

1. If you could go anywhere, where would you go?
2. What are you best at?
3. What is the most relaxing place you can think of?
4. What is your favorite restaurant?
5. What makes you cry?
6. What makes you laugh?
7. What is something that annoys you?
8. If you had \$20 to do anything you wanted, what would you do?
9. What would the movie of your life be called?
10. If you could be invisible for the day, what would you do?

Grief-related:

1. What is your favorite memory with your loved one?
2. What is a silly memory with your loved one?
3. Where do you feel safe?
4. Who can you talk to when you feel sad?
5. What is your biggest grief feeling?
6. What do you worry about?
7. What was the most helpful thing someone said/did after the death?
8. How has our family grown since the death?
9. What family traditions are important to you?
10. What activity always makes you feel connected to your loved one?