



- What was my favorite activity as a child?
- How did this activity bring me joy?
- When did I stop doing this activity?
- How did this make me feel?
- Did I ever get back to this activity? Why or why not?
- Who was around me when I showcased my talents as a child?
- How did they respond? Was it supported or not?
- How did I respond to their reaction?
- What else brought me joy as a child?
- What did I want to be when I was younger?
- What are my current hobbies?
- What brings me joy as an adult?
- What am I passionate about NOW?
- How do I deal with emotional discomfort?
- What is my outlet? Do I have any addictions? When do I reach for them?
- When reaching for them, what is the feeling I am trying to avoid?
- How do I comfort myself?
- Do I believe I can comfort myself on my own?