

Questions That Help Us Recall Special Events

- When you think back on your life, what events changed your thinking or caused a pivotal change in your life?
- What events or experiences from your life do you find yourself thinking about often?
- What special events or experiences stand out most as being meaningful or important?
- Can you think of a particular event that surprised you? Why did it surprise you?
- Can you think of an event from your life that made you feel like you were growing up and no longer a child? What was it about the event that made you feel this way?
- Was there something in your life that happened that made you feel empathetic toward another person or group of people? What happened, and why did it make you feel empathetic?
- If you close your eyes, can you see the people who were there or anything else related to this event? Who are they, and what role did they play in the event?
- Why do you think you remember these particular events?

