

QUESTION IDEAS

Here are some ideas to get you thinking about a story you might like to tell about your person. You can also ask these questions to someone you are interviewing who knew your person. These are just topics to get you started – brainstorm your own questions, too!

Remembering Your Person:

- Share what your person was like – what was their personality like, what did they do (hobbies/work/interests), what did they look like?
- Use your senses to describe your person to the listener. What did your person wear, smell like, sound like?
- What is your first memory of your person?
- What is the best memory you have of your person?
- What is the most vivid memory you have of your person?
- What did your person mean to you?
- What was your person's best quality?

Your Person's Life:

- What did you admire about your person who died?
- What was your person good at?
- Are there any sayings, quotes, or jokes they used to tell?
- What do you miss most about your person?
- How do you think your person would want to be remembered?
- What is the biggest obstacle they overcame in their life?
- What were some hopes and dreams your person had?

You & Your Person:

- What was your relationship like with your person?
- Was there anything you both liked to do together?
- What is the best time you had with your person?
- Are you like your person in any way? How are you different?
- Was there anything you fought over or disagreed about? Did you ever solve the conflict?
- What would you want to ask your person or say to them now if they were here today?
- What about your person made you smile?
- Are there any special stories you would like to share about your person?
- Is there something you want to share about your person that you think no one else knows?
- (For spouse loss) How did you fall in love with your person? How did you meet?

Your Person's Death

- How did your person die? How old were they? How old were you?
- What do you remember about the day they died?
- What do you remember about their funeral?

You & Grief

- How are you different now than you were before your person died?
- What has been the hardest thing for you since your person's death?
- What has helped you the most in your grief?
- What times are the hardest for you?
- Do you have any traditions to remember them and/or honor them?

Follow-Up Questions

- How did that make you feel?
- What happened next?
- Can you remember a specific time...?
- Can you give me an example?
- Can you paint a picture in words?
- What were you thinking when that happened?
- Is there anything else you'd like to say to one another?