



Self-Discovery Questionnaire Worksheet

Who Are You?

Insightful Questions to help you better understand your emotions, thoughts and feelings.

1. Tell me about a time where you felt the happiest during your childhood.
2. Now tell me about your happiest moment during adulthood.
3. Do you remember the first time you felt disappointed in life? Who was it that disappointed you?
4. We've all been hurt before so tell me WHO hurt you, WHAT they did to hurt you and how it made YOU feel.
5. Emotions Vs Feelings, do you know the difference between the two?
6. Do you remember your unhappiest moment?
7. What made you excited as a kid?
8. How do you handle sadness? Do you have any coping mechanisms? If you do, name them.
9. How do you deal with anger?
10. How would you describe your relationship with your parents?