

1. Your first boyfriend/girlfriend. How did it change you for better or worse?
2. Since you've become a teenager, what is the greatest challenge you've faced?
3. What is the most important thing anyone has ever said to you? How did it make you feel?
4. What career are you best suited for? Write about one or two professions where you would excel.
5. Write about something that you always have with you. Why is this object so important?
6. Write about an experience or event that you always carry with you. Why does this instance stick in your mind?
7. Write about the most important person in your life—and describe what sets him or her apart from other people.
8. Write about a time when you learned a hard truth about yourself. How did you feel afterward?
9. Write about a time when you did something you didn't want to do due to peer pressure.
10. Have you ever felt lonely? Write about an experience when you felt like you had trouble relating with other people.
11. What is your single greatest fear—and why are you afraid of it?
12. Write about a time when someone sacrificed something for you. How did it make you feel?
13. Do you have a good relationship with your parents (and/or with other family members)? Why or why not?