

QUESTIONS TO ASK YOUR SIBLINGS

- ☐ What is your fondest childhood memory of us?
- ☐ What is one day you'd love to relive?
- ☐ What family trip stands out to you most?
- ☐ What family trip was the worst of the worst?
- ☐ What was one thing you wish our parents did?
- ☐ What is one thing you've learned about yourself looking back at your younger self?
- ☐ What's something you wish you could have told me back then that you didn't?
- ☐ What is something you wish to tell me but are too nervous to say?
- ☐ Is there something I can do better to show up for you?
- ☐ What is one time you felt truly loved by me? What did I do?
- ☐ What are your biggest fears right now?
- ☐ What is the biggest thing pressing on your heart right now?
- ☐ What is something that brings you joy right now?
- ☐ Who do you feel seen most by right now?
- ☐ What's a smell, song, or food that instantly takes you back to our childhood home?
- ☐ What family tradition do you miss the most?
- ☐ Which family tradition do you want to carry on, and which one are you happy to let go of?
- ☐ What did you think of me when we were little?
- ☐ When did you first see me as a friend and not just a sibling?
- ☐ Was there a time you felt left out or overlooked in our family?
- ☐ What do you think our parents got most right?

- ☐ What's something about our parents you understand now that you didn't as a kid?
- ☐ What's one fight we had that you still think about?
- ☐ Is there anything from our childhood you've never forgiven me for?
- ☐ What role do you think you played in our family growing up?
- ☐ Do you feel like you've grown out of that role, or does it still follow you?
- ☐ What was the hardest season of your life, and did you feel like I was there for you?
- ☐ What's something you're proud of that you don't think I know about?
- ☐ What's a dream you had as a kid that you still think about?
- ☐ What's a dream you have now that you haven't told many people?
- ☐ How do you think we're most alike?
- ☐ How do you think we're most different?
- ☐ What's something you admire about me?
- ☐ What's a trait of mine that drives you crazy but you secretly love?
- ☐ When do you feel most like yourself?
- ☐ What's something you're still healing from?
- ☐ What does a good day look like for you right now?
- ☐ What's something you've changed your mind about as an adult?
- ☐ What part of our upbringing do you want to give your own family, and what do you want to do differently?
- ☐ What are you most grateful for in your life right now?
- ☐ Who has had the biggest impact on the person you've become?
- ☐ What's one thing you'd want me to remember about you if we ever drifted apart?

