

THINKING MORE POSITIVELY: SAMPLE INTERVIEW QUESTIONS

In this activity, pair up and spend a few minutes getting to know someone new in the group. After a few minutes, you'll be asked to say two positive things about your partner (for example, "My partner is a very adventurous person. She wants to go skydiving.") and two positive things about yourself. Your partner will then say two new positive things about themselves and two new positive things about you! If you're having trouble getting started, here are a few sample interview questions. As you ask the questions, think about what they mean about that person (for example, if their favorite movie is a comedy, it might mean that person has a good sense of humor).

1. Partner's name: _____ Grade/Year in School: _____
2. What is your favorite movie / book / band / or play?
3. What is the most exciting thing that ever happened to you?
4. What do you like to do on rainy days?
5. What are your hopes/dreams for the future?
6. What is your absolute favorite junk food?
7. Where is the most interesting place you've traveled to?
8. Do you have pets? If so, what kind and what are they like?
9. When you were younger, what was something you did that got you in real trouble with your parents?
10. What unique hobbies do you have?
11. What TV show can you absolutely not miss during the week?
12. What is one thing you do really well?
13. If you could have one superpower, what would it be?
14. If you could describe yourself with one word, what would it be?