

Good Samaritan Hospice “Memory Catchers” Sample Questions.

Prompts for a Biographical Interview

- Tell me about a tranquil time or place you have experienced or visited.
- Tell me about a chaotic time in your life.
- What was your childhood like?
- What about your teenage/young adult years?
- Tell me about your family members and those to whom you were close.
- Who are your best friends? What do you have in common?
- Tell me about an obstacle you overcame in your life and about skills you used to overcome it.
- What have been the most important things in your life? What is important to you today?
- Do you ever think about death?
- Do you feel that you have achieved something in your life? What?
- What are some of the most satisfying things in your life?
- Has someone important to you ever gone away?
- Who have you admired? Why?
- What kind of person have you been?
- What things have you most enjoyed in your life?
- What types of jobs have you held?
- What was the happiest moment of your life?
- What would you like to leave your family?
- How would you like to be remembered by your family and friends?

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Prompts for Life Review

- When you look back upon your life, what comes to mind when you think about the really fun moments? Elaborate.
- What occasion do you remember from your past that generated the feeling of being proud? Describe what happened.
- What event in your past causes you to still experience some anger? Describe what happened.
- At what moment in your life were you most aware of the meaning of the word “love?”
- Elaborate.
- If there was one event that you would like to relive in your life, what would that event be? Describe what happened.
- How would you describe your “good old days?” Elaborate.
- In the remaining time left in your life, what do you most want to accomplish?

Prompts for a Letter to Loved Ones

- Dear Family and Friends,
- I am grateful for...
- Something I am proud of is...
- What gives me most strength is...
- My most difficult time was...
- My happiest memories are:
- The most important things to me are...
- Something I regret is...
- My wish for you is...
- What I want people to learn from me is...
- I also want you to know...