

# JESSICA ANNE DEEB LCSW, LLC / CONVERSATION STARTERS

Telehealth Counseling: For Adults Individuals, Couples, and Families anywhere in Florida

727-808-4818 • [www.jessicadeeb.com](http://www.jessicadeeb.com)

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## WISHES

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- If you could have free, unlimited service for five years from an extremely good cook, chauffer, housekeeper, masseuse, or personal secretary, which would you choose?
- Would you be willing to have horrible nightmares for a year if it would be rewarded with extraordinary wealth?
- If you could relive one year of your life, what year would it be?
- Describe the home you would like to design for yourself.
- If you could have any view from your back porch, what would it be?
- If you were given money to remodel your house, what would you change first?
- If you had \$500 what would you buy for fun for yourself? For a need for yourself?
  - \$5,000?
  - \$20,000?
  - \$200,00?
- If you could make decisions for someone you love, what would you change?
- What supplies would you get at an art store if you had free money? What ways do you enjoy being creative?
- What famous person, dead or alive, would you like to have dinner with?
- If you could have a superpower, which one would you pick?
- What historical time period would you most like to visit?
- If you could donate a million dollars to a charity, which would you choose or start?
- "I wish...."
- If you had to choose a new first name for yourself what would it be?
- In what event would you most like to win an Olympic gold medal?
- If you could win any competition in the world, what would it be?
- If you could have front row seats to any concert or show, who would you like to see? Favorite already seen.
- If you could find people like you with a very particular interest or personality, who would you like to find?
- If you could choose to change one small thing in the world what would it be?
- What 5 questions do you want to know the answer to?
- What would you do if you had 2 extra hours to spare everyday?

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## FUTURE

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- What medical breakthrough would you like to see in your lifetime?
- What goal do you hope to accomplish this year?
- Where do you see yourself in 5 years? 10 years?
- What's on your bucket list?
- What do you think people will be nostalgic for in 50 years?

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## FUN

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- What would be a fun joke if you had an identical twin?
- Who is the most joyful person you know?
- Tell a funny joke you know.
- Share a funny memory or something that made you laugh hard.

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## MEMORIES

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- What is a favorite something/collection of your childhood?
- Share a special memory or event from childhood.
- What childhood memories do you have playing outside/in nature?
- When you were young, what did you want to be when you grew up?
- How were you different when you were young?
- What's the weirdest/dumbest thing you've ever done?
- What school subject was most difficult for you?
- Who was your favorite teacher and why?
- Share a time when you were really scared or did something scary.

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## FAVORITES

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- TV shows/Movies
- Books/Section of a bookstore/Authors
- Podcasts/YouTube Channels
- Social Media influencers
- Online sites/Platforms
- Color/Scent
- Restaurants
- Foods: Appetizer/Soup/Breakfast Meal/Cereal/Lunch or Dinner Meal/Dessert/Candy
- Item that has made your life easier?
- Vacation- you've been to or would like to go
- Staycation- what would you do?
- Exercise? Sport to play? Sport to watch?
- Gift received
- "If I could have any animal in the world as a pet, it would be...."
- Party game/Least favorite
- Which of the following rides would be your first choice:
  - A gondola in Venice
  - A cab in London
  - A Ferrari on the autobahn
  - A hot air balloon in Switzerland
  - An airboat in the Everglades
  - A raft down the Colorado River
  - A carriage in Paris
- Best/worst purchase
- 3 favorite things to do specific to this city?

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## WORK

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- What is most important to you concerning a job?
- If you had to work but didn't need the money, what would you do?
- What are the most stressful parts of your job? What are the most fun/satisfying parts of your job?

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## SELFHOOD

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- Best/hardest part of this week?
- What 5 words would you use to describe yourself?
- What is a risk that you took that you are really proud of?
- What do you like most about your home?
- What are 5 things you are thankful for besides your family/pets, friends and health?
- If your partner/best friend wrote a book about you, what do you think it would be called?
- If you wrote a book or gave a talk, what would it be about?
- What are some values or beliefs you want people to take from watching you live your life?
- When and where do you feel most relaxed and peaceful?
- "I lose track of time when...."
- What was the best day of the past week and what made it so?
- Would you describe yourself more as an extrovert or introvert?
- What is something about your ethnicity/heritage you think is neat or want to pass on?
- What are some of your quirks/preferences unique to you (i.e. house rules, manners, etc)
- What would you like to learn or read more about?
- Would you rather be a great musician, athlete, scientist, artist, politician or writer? If you are already one of these, what would be your next choice?
- If you had to spend one year living alone in a remote cabin, what would you spend your time doing?
- Who are your role models/mentors?
- Who do you sometimes compare yourself to?
- What's your proudest accomplishment?
- Would you choose to be the worst player on winning team or the best player on a losing team?
- What is something that most people enjoy but you don't?
- What's a controversial or surprising opinion you hold?
- What would you like to do that you think it's too late in life to do?
- What's the most interesting thing you've read or seen this week?
- What big question have you been pondering lately?
- When is the last time you tried something new?
- What do you wish you had started and spent more time doing five years ago?
- What would you do different if you knew nobody would judge you?
- We have many sides- when do you feel most at ease and in your most natural state?
- How have you changed in the last 5 years? Last year?
- What are you most looking forward to this month?
- What is something most people don't know about you?
- What has been on your mind this week?
- What was the last thing you got angry about?
- What is your greatest strength and biggest weakness?
- Are there any important dreams you've had while sleeping that you hold onto?
- How would you like to be celebrated on your birthday or special holidays?

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## DISCUSSION

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- If you were a high school principal what is something you would do?
- If you were president what is something you would do?
- If you could change a law, what would you like to see changed?
- What are some of the values your parents instilled in you?
- Do you believe in God? Free Will?

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## RELATIONSHIPS

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- What are the characteristics of a good relationship or things you specifically look for?
- If you are a parent, what would you most like to do if you weren't? If you are not a parent, what part of being a parent do you think you would enjoy most?
- Of the 6 Love Languages (gifts, acts of services, quality time, verbal affirmation, touch, and space) in which order do you think you show the most to the least?
- Describe an especially strong person you know.
- Describe an especially kind person you know.
- Who do you miss?
- What do you value about the personalities of each of your immediate family members?
- Are you more of an introvert or extrovert? (An introvert mainly recharges by being alone/in quiet- it has nothing to do with being shy)

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## WISDOM

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- What advice would you give a younger version of yourself?
- What is some of the most helpful constructive criticism you received?
- What are some of your favorite quotes or pieces of advice
  - Relationships
  - Work
  - Self
  - Life
- What is something you think every person should experience in their lifetime?
- What or who could you pay more attention to in life?
- What motivates you in life?
- What lessons in life did you learn the hard way?
- What are you sure about in your life or about life itself?
- What is something you used to believe about love or life that you've learned otherwise?

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## HARD

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- What is one of your bad habits or guilty pleasure?
- What is something you will never do?
- Hardest change of your life/thing you've done?
- What are some things that drive you bananas? Pet peeves? Stresses you out?
- What remains undone that you've wanted to get done for years?
- What habit would you like to start?
- What is something you wish you could do over?
- What's an embarrassing moment you can share?
- If you could do something dangerous just once with no risk, what would you do?
- Are you holding onto something that you need to let go of?