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# THE QUESTION BOOK

**WHO ARE YOU?  
532 OPPORTUNITIES FOR  
SELF-REFLECTION AND DISCOVERY**

Translated from the German by Jamie Lee Searle



**Profile Books**

**Also by Mikael Krogerus & Roman Tschäppeler  
and available from Profile Books:**

*The Change Book*

*The Collaboration Book*

*The Decision Book*

*The Get Things Done Book*

*The Test Book*

## CONTENTS

Operating instructions.....	1
The last year.....	2
Right now.....	8
Rituals and routines .....	13
Vices .....	17
Talking and writing.....	19
How you work .....	21
What your boss thinks of you .....	28
Mind and body.....	30
House and home .....	38
Take three .....	44
Confessions.....	48
Money and possessions .....	50
Who you are .....	56
Who you <i>really</i> are.....	62
Principles and values .....	67
Politics and opinions.....	70
Eco and bio .....	76
The first time and the last time .....	80
Travel.....	82
Childhood memories.....	87
Your family .....	90
You and your siblings .....	96
What your parents think of you .....	98
Love .....	100
What your partner thinks of you .....	110
Being single.....	112
Sex.....	114
Your friendships .....	118
What your friends think of you .....	124
Your future .....	126

Making decisions .....	129
Thinking about having children .....	132
Being a parent .....	135
On happiness .....	139
A question of faith .....	142
Your fears.....	147
Dying.....	150
Final questions .....	153
Your questions .....	159
Any more questions? .....	169
 <i>Acknowledgements</i> .....	 170
<i>About the authors</i> .....	171



## OPERATING INSTRUCTIONS

You can complete *The Question Book* while you're alone, like a diary. You can use it to make a long train journey pass in the blink of an eye, or as a guide for writing your memoir. *The Question Book* can be used to enliven a boring dinner party, or to draw relatives out of their shell. You can bring excitement back into your relationship, or finally get to know your parents. It will help you engage your children in conversation, or get the most taciturn of men to talk. You can work through the book from cover to cover; or open it at a random page; or pick a number between 1 and 532 – and ask the corresponding question. Not every question will apply to every person, and not every label will either – feel free to scribble on the pages, cross things out and add more questions (there's a space at the back to do this!). This book is for you – make it your own.

We believe everyone has a story to tell; you just need to ask the right question.

### **Four rules of play**

1. Don't overthink it; go with whatever answer comes to mind.
2. There are no right answers, only honest ones.
3. Any answer is valid until you amend it.
4. We all admire people who give good answers. And we admire even more those who ask good questions. But best of all are the people who genuinely listen.

## THE LAST YEAR

Think back on the past twelve months.

No. 1 Your book of the year:

No. 2 Your song of the year:

No. 3 Your film of the year:

No. 4 The item of clothing you most enjoyed wearing:

No. 5 The best sex:

No. 6 The most important person:

No. 7 The most annoying person:

No. 8 Someone you apologised to:

No. 9 Someone you got to know:

No. 10 Someone you lost or left:

No. 11 Someone you neglected:

Someone who neglected you:

No. 12 A big argument:

No. 13 Which friend did you see most frequently?

No. 14 Who inspired you?

Who did you inspire?

No. 15 Something that changed your life:

No. 16 What present made you happiest?

No. 17 An expensive purchase:

No. 18 A plan that you carried out:

No. 19 The best trip:

No. 20 A (professional) success:

No. 21 A big disappointment:

No. 22 Have you earned more or less this year than the year before?

☐ more      ☐ less

No. 23 Something you did differently this year to the year before?

No. 24 How often were you ill?

No. 25 What were you grateful for?

No. 26 Something you learned to do:

Something you forgot how to do:

No. 27 The political or global incident that most affected you:

No. 28 The most fun party of the year:

No. 29 Three words that sum up your year:

No. 30 A new habit:

No. 31 Your guilty pleasure:

No. 32 Something that surprised you:

No. 33 The most difficult decision:

No. 34 Something you regret doing:

No. 35 Something you regret not doing:

No. 36 Has this past year been your best yet?

Why, or why not?



**RIGHT NOW**

No. 37 Where are you right now?

.....

.....

.....

.....

No. 38 Two things you've done today:

1. ....
2. ....

No. 39 Two people you've been thinking about a lot recently:

1. ....
2. ....

No. 40 A word that describes ...

- your health: .....
- your financial situation: .....
- your work: .....
- your sex life: .....
- your relationships: .....
- your life: .....

No. 41 A newspaper or website that you read regularly:

.....

No. 42 Your favourite shoes:

.....

No. 43 Your perfume:

.....

No. 44 A sport you enjoy doing:

.....

• A sport you enjoy watching: .....

No. 45 Your favourite toy

• In the past: .....

• Now: .....

No. 46 What languages do you speak?

• Fluently: .....

• Well: .....

No. 47 What language would you like to speak?

.....

No. 48 How many days a week do you drink alcohol?

[ ] never    [ ] 1–3 x    [ ] 4–6 x    [ ] every day

No. 49 When do you not drink alcohol?

.....

No. 50 Two recipes you know by heart:

1. ....

2. ....

No. 51 A recipe you've mastered which is always well received:

.....

No. 52 Roughly how much do you spend on food each month?

• For cooking at home: .....

• Eating out : .....

No. 53 Which foods do you spend a lot of money on?

.....

No. 54 Which foods do you prefer to save money on?

.....

No. 55 A programme you watch regularly:

.....

No. 56 The most famous person you've ever spoken to:

.....

No. 57 What's your nickname?

.....

• Who calls you that? .....

## RITUALS AND ROUTINES

No. 58 What time do you usually go to bed?



[ ] a.m.

[ ] p.m.

No. 59 What time do you usually get up?



[ ] a.m.

[ ] p.m.

No. 60 What is your favourite time of day?

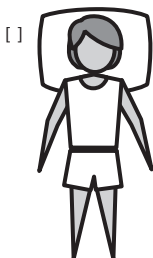


[ ] a.m.

[ ] p.m.

• Why? .....

No. 61 The position you fall asleep in:



No. 62 Do you have a tic or neurosis?

.....

No. 63 What do you usually do when you need to think something over?

.....

.....

No. 64 What do you wear when you want to look your best?

.....

.....

No. 65 Describe a perfect day:

.....

.....

No. 66 Describe a daily ritual that means a lot to you:

.....

.....

No. 67 A lovely ritual from your childhood:

.....

.....

No. 68 What ritual would you like to introduce to your life?

.....

.....

No. 69 What rituals have you given up?

.....

.....

No. 70 Which rituals in other people do you find ridiculous?

.....

.....

No. 71 What new belief or habit has most improved your life over the last five years?

.....

.....

## VICES

No. 72 An alcoholic drink you often order:

.....

No. 73 A favourite drink from your youth:

.....

No. 74 Your favourite bar:

.....

• Why? .....

No. 75 Your worst experience with drugs:

.....

• Your best experience with drugs:

.....

No. 76    Something you're addicted to:

.....

- Are you okay with this, or would you like to stop?

[ ] I'm okay with it

[ ] I'd like to stop

No. 77    Something you used to be addicted to, but no longer are:

.....

- How did you manage to quit?

.....

.....

No. 78    How do you reward yourself?

.....

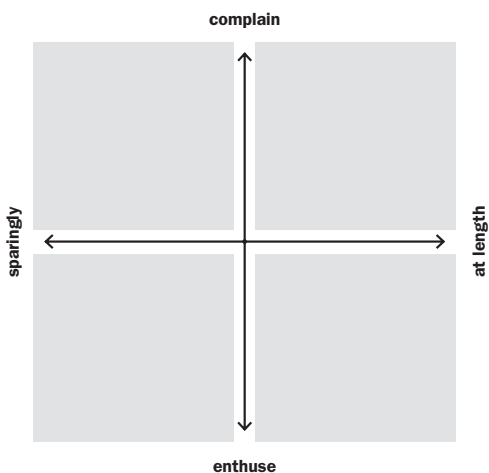
No. 79    What is your worst habit?

.....

## TALKING AND WRITING

No. 80 On the chart below, plot how you tend to talk about:

- Your workday (A)
- Your relationship (D)
- Your holidays (B)
- Your sex life (E)
- Your successes (C)
- Your problems (F)



No. 81 Two words, phrases or expressions that you use frequently:

1. ....

2. ....

No. 82 Do you express yourself better when talking or writing?

☐ talking

☐ writing

No. 83 Who have you written to recently?

.....

• Who has written to you?

.....

No. 84 A talk that you've given:

.....

.....

## HOW YOU WORK

No. 85 What do you do for a living?

.....

No. 86 When you were younger, what did you want to do for a living?

.....

- Did you choose to do that? Why or why not?

.....

.....

No. 87 What did your parents want you to do for a living?

.....

- Did you choose to do that? Why or why not?

.....

.....

No. 88 What other career would be a good fit for you?

.....

.....

No. 89 Besides your current career, what are you so good at that someone would pay you to do it?

.....

.....

No. 90 What work would you do if you didn't need to earn money?

.....

.....

No. 91 Do you have a career role model?

.....

No. 92 Who would you ask to write a reference for you?

.....

.....

No. 93 Describe a turning point in your existing career:

.....

.....

No. 94 Who do you compete with? Which of you is in the lead?

.....

.....

No. 95 What has been your biggest professional defeat?  
What did you learn from it?

.....

.....

No. 96 What is your most important characteristic in terms of your work?

.....

No. 97 Would you prefer to have more or less responsibility at work?

[ ] more      [ ] less      [ ] the same

- No. 98 How under-challenged or overextended do you feel?  
Draw a cross on the line below:

under-challenged  $\longleftrightarrow$  overextended

- No. 99 Do you get on well with your work colleagues?

☐ yes      ☐ no

- Why do you think this might be?

.....

.....

- No. 100 What are your superiors doing wrong?

.....

.....

- No. 101 Do you work better alone or as part of a team?  
Draw a cross on the line below:



No. 102 Have you ever been unemployed? If so:

- How did it happen?

.....

.....

- How did you cope with it?

.....

.....

No. 103 Do you do any voluntary work?

[ ] yes      [ ] no

- If yes, why?

.....

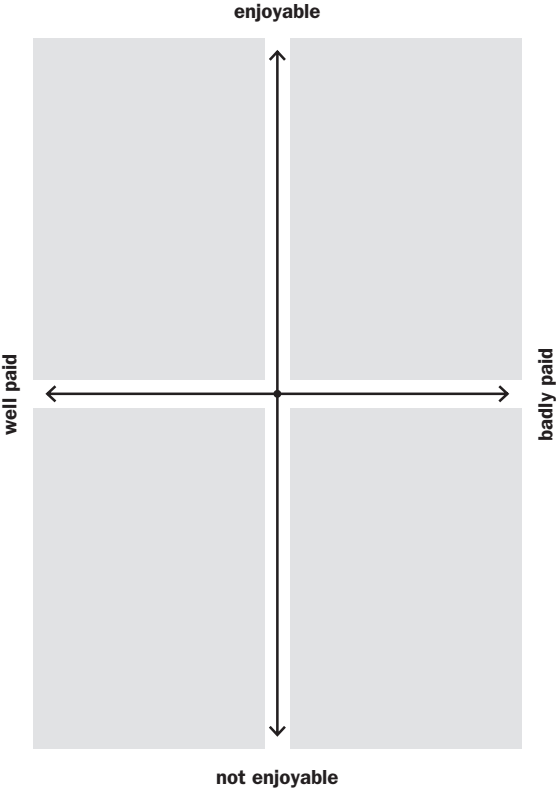
.....

- If no, why not?

.....

.....

No. 104 Plot all the paid jobs you've ever had on the chart.



No. 105 If you are retired, are you happy about it?

.....

- Do you feel anything is missing? If so, what?

.....

.....

No. 106 What's your coping mechanism when you feel uncertain in a professional situation?

.....

.....