

QUESTION SHEET :))

1. How are you?
2. Do you think it's possible to ever truly know another person?
3. What do you think is your biggest flaw?
4. What's something you worry about?
5. What's one rule to live by?
6. What's your biggest fear?
7. What do you hope your life looks like when you retire?
8. Do you believe in giving people second chances, and why?
9. How would you describe your first crush?
10. What do you think of A.I. (Artificial Intelligence)? Scary or amazing?
11. What is the most important lesson you've learned this year?
12. Have you ever had your heart broken? What did it feel like to you?
13. If you could change one decision you made when you were younger what would it be and why?
14. What do you think makes a meaningful life?
15. Do you believe in good and evil?
16. What do you think about expressing your emotions, do you struggle with this, why do you think it is? isn't important to express emotions?
17. What do you think of society's idea of what a man should be?
18. What's your least favourite thing about being a man?
19. How has social media changed the way we communicate with each other?
20. What impact do you think social media has had on mental health and well-being?
21. How have your experiences growing up shaped the person you are today?
22. Do you think people can change?
23. Are you confident? Why or why not?
24. Do you like who you are?
25. Do you love yourself?
26. Do you consider yourself an introvert, extrovert, or somewhere in the middle?
27. Have you ever faked happiness?
28. What's the most difficult decision you've had to make in your life?
29. What's something you regret not doing or not saying?
30. What's a time when you had to take a risk and it paid off?
31. What's a time when you had to confront a difficult truth about yourself?
32. What is the role of suffering in human existence, and how can we alleviate it?
33. What is the significance of love and relationships in our lives?
34. What is mental health, and how is it defined?
35. How has your mental health journey impacted your relationships with family and friends?
36. How do you recognize when you are experiencing a decline in your mental health?
37. What was a significant turning point in your mental health journey, and what did you learn from it?
38. How has your mental health journey impacted your identity and sense of self?
39. What has been the most challenging aspect of your mental health journey, and how have you managed it?

40. What challenges have you faced as a young person in a rapidly changing world?
41. How have social media and technology influenced your relationships and communication with others?
42. How has the COVID-19 pandemic and its aftermath impacted your view of the world and your future?
43. How has growing up in a world of instant gratification and on-demand services affected your expectations and outlook on life?