

What's one lie your character tells everyone—but doesn't believe themselves?

What does your character regret so deeply, they never speak of it?

Your character wakes up with a new scar and no memory of how they got it.

Describe how your character handles failure. What was the first major failure of their life?

What would your character sacrifice everything for—except one thing? What's the exception?

Your character finds a letter they wrote 10 years ago and never sent. What does it say?

What's a fear your character hides behind humor or strength?

If your character could erase one emotion from their life forever, which would it be—and what would it cost them?

What does your character's room, bag, or secret drawer reveal about them that no one else knows?

Write about a moment your character almost changed—but didn't. What stopped them?

Your character is given the power to speak to their past self. What do they say—and do they listen?

What is your character's default reaction to being hurt—rage, silence, laughter, escape, etc.? Why?

What does your character believe about love, and where did that belief come from?

Who does your character admire but would never admit to?

Describe your character's public self vs. their private self. What's the biggest gap between the two?