



365+ FUNRAU Discovery Questions

Guidelines:

- These are questions to intentionally search another person, otherwise known as caring questions. Remember, you can always follow up an answer with additional questions or just “tell me more.”
- Watch your facial expressions and body language when you listen to their answers. We can unwittingly “shut people down” with just a look.
- Understand that you’re asking for their opinion. If it feels like a set up and they have to answer correctly to gain your approval, you’ve sabotaged real connection.
- Most of all, ENJOY! Enjoy getting to know other people in a genuine way.

Questions:

1. What are some things you’re proud of?
2. What is a value that has changed for you over the years?
3. What are you afraid of?
4. What’s hard for you in your life right now?
5. What’s been fun for you over the last month? Past year? Over 5 years?
6. What’s something you’ve learned recently?
7. What relationship in your life has taught you the most? What did you learn?
8. Who are your most important friends? Tell me a story about the two of you.
9. What do you do, or what would like to do more for excitement?
10. What exasperates you?
11. What frustrations with me have you not shared?
12. Tell me a funny story from growing up.
13. Tell me a painful story of growing up.
14. Tell me a growing up story of when you were courageous.
15. Share a growing up story of being really mad.
16. Tell me a story of when you appreciated your mom.
17. Tell me a story of when you appreciated your dad.
18. Something you didn’t appreciate about your mom and why.
19. Something you didn’t appreciate about your dad and why.
20. Have you been mentored by anyone? What was it like?
21. What do you like about living in this time in history?
22. What don’t you like about living in this time in history?
23. If you could give anyone advice and they would actually take it, who and what would it be?



24. What was your favorite car growing up?
25. Your favorite job?
26. What was your worst summer job?
27. What was your worst job?
28. What is something that is hard for you in another relationship?
29. What did you learn from a past romantic relationship?
30. What are you most looking forward to?
31. If you had one year left to live, what would you want to do?
32. If you were to have one day as an animal, what would you choose?
33. Tell me an embarrassing story.
34. Do you have any heroes or heroines? Or someone you really admire? Why?
35. What does your bank account and calendar say about how you spend your time and money?
36. How do you feel about holidays?
37. What did you enjoy about holidays when you were growing up?
38. What didn't you like about them?
39. What did you like learning?
40. What did you struggle to learn in school?
41. What do you like about parenting or being an aunt/uncle? What don't you like?
42. How do you respond to being alone?
43. Is being physically healthy important to you? When did it start to matter?
44. What was one of your best birthday presents?
45. How do you respond to interruptions? Why?
46. If you could visit any other city in the world, where would you go and for how long?
47. Name 5 adjectives you believe describe this culture?
48. What are two things you don't like about your age right now?
49. What makes you feel awkward?
50. What's a favorite childhood memory? What makes it special?
51. Have you had any recurring dreams?
52. How would you describe your parents' marriage?
53. Describe one of your best friends when you were growing up and tell me a story.
54. What do you dislike in other people?
55. What are your dreams for the future?
56. If you had more courage what is something you'd do differently?
57. What quality do you value most in your friends?
58. If you could change one thing about yourself, what would you change?
59. What triggers you into feeling negative or depressed?
60. What small moments make you happy?
61. Tell me a story about you and money. How well do you handle money?
62. What do you miss from childhood?
63. What are three things you find very satisfying about your life now?



64. Describe a great birthday for you? What would it be like?
65. What frustrations are in your life right now?
66. Are sports important to you? Any stories about them?
67. What were the political choices of your parents and how does that impact your own opinions?
68. What about popular culture do you most enjoy – music, art or tv etc.?
69. How do you comfort yourself - calm yourself down?
70. How do you handle stress? What happens when you don't handle stress?
71. If you could live anywhere in the US where would you live? Anywhere in the world.
72. What three adjectives would others use to describe you?
73. If you could travel in the past what year would you go to? In the future?
74. When have you been the most afraid?
75. What is the best or worst practical joke you have ever played on someone?
76. What's your favorite midnight snack?
77. What was the worst purchase you ever made?
78. What did you like best about high school?
79. What reality show would you go on and why?
80. What is the most embarrassing song you have in your collection?
81. Have you travelled much? Where? What was it like?
82. Which country would like to visit or revisit?
83. Who is the most famous person you have met?
84. What food combination do you enjoy that many think is odd?
85. What TV shows do you enjoy?
86. What's a memory you replay often?
87. What was your first job, and what was it like?
88. You are stuck on a deserted island, and you can only take 3 things. What would they be?
89. You can only eat 5 different foods for the rest of your life, what are they?
90. You can only listen to 3 albums for the rest of your life, what are they?
91. You are stuck in a cabin for 2 years, what 5 movies would you take with you?
92. If you could pick anyone, which three people would you invite to your party?
93. If your life was made into a movie, what would it be called?
94. If you wrote a play, what would it be about?
95. Are you a cat or dog person?
96. What's your favourite type of dance to watch or participate in?
97. What was your first concert?
98. What's the one adventure you would want to do on vacation?
99. What do you do when you aren't working?
100. What sports do you play or follow?
101. What's your favorite hobby?
102. Who do you admire as a leader?



103. Who are you most like in your family?
104. What is the one of the best compliments you have received?
105. What movie can you watch over and over again?
106. If you were to write a novel what would it be about?
107. What is your favorite dessert?
108. If you had your own TV network what would you put on it?
109. If you could be any age, what age would you choose?
110. If you had an extra room in your home, what would you use it for?
111. What religion, other than your own, do you think is interesting?
112. Where do you want to live when you are old?
113. What is something you are really good at?
114. If you needed someone to act as a character reference, who would you choose?
115. Who do you turn to for advice?
116. What goals do you have for your education?
117. If you had guests in from out of town, what would you show them?
118. What was the last thing you lied about?
119. How would you describe your sense of fashion?
120. When have you made a bargain with God?
121. What in your life have you left up to chance?
122. In what way are you superstitious?
123. What is the nicest thing you own?
124. What party games do your friends like to play?
125. When was the last time you let a friend down?
126. When was the most peaceful day you have had?
127. When you are a parent, what would you do differently than your parents did?
128. What makes you feel old?
129. What is the best gift you have given?
130. What is your favorite thing about summer?
131. What song makes you want to dance?
132. Who is there in your life that you would take a bullet for?
133. What do you like to cook?
134. When was the last time you laughed so hard you cried?
135. What was the best vacation you've been on?
136. Did you ever want to change your name? If so, to what?
137. What fitness goals do you have?
138. If you were a police officer for one day, what would you do with the authority?
139. If you could have lunch with anyone living, who would it be?
140. What nickname do your friends call you?
141. What cause do you feel strongly enough about to protest?
142. Who do you try to impress?
143. If you could change anyone's opinion about something, who would it be and why?



144. If you could have a conversation with someone from history, who would it be?
145. If you could live in any other country for 2 years, where would you go?
146. On a scale of 1-10, how strict are/were your parents?
147. Where do you think your family should be more strict?
148. Where do you think your family should be less strict?
149. In what ways do you feel you are an adult? When did you know you were one?
150. What is the strangest thing you have ever eaten?
151. What do you respect about yourself?
152. Who was your favorite teacher? Why?
153. What would your dream talent be?
154. If you could be a professional athlete, what sport would you play?
155. What is the most generous gift you have ever received?
156. What was the last book you read?
157. What is the nicest thing a friend has ever done for you?
158. What is your favorite way to spend money?
159. What is your worst birthday memory?
160. What are the qualities that make a good friend?
161. When was the first time you took responsibility for someone else's mistake?
162. What do you do when you have to deliver bad news?
163. What is a question you would like to ask your mother/father but never have?
164. Which one of your good friends lives the furthest away?
165. When in your life did you say "no" even though you really wanted to say "yes"?
166. If you could be a leader of a country, which country would it be?
167. If you could be the parent of one famous person, who would you want it to be and why?
168. What was the last thing you regret buying?
169. If you had a chance to bring one person back from the dead, who would it be and why?
170. Who do you regret not listening to?
171. What is a song that brings back powerful memories?
172. What's worse for you... having expectations that are too high, or having no expectations at all?
173. What would you most likely do on a lazy day?
174. Who is the person you trust the most?
175. What three adjectives might other people use to describe your personality?
176. What animal would you choose to be shipwrecked on a deserted island with?
177. If you were to be remembered for one thing, what would you like it to be?
178. If you were guaranteed honest responses to any 3 questions, whom would you question, and what would you ask them?
179. If you saw someone shoplifting, what would you do?
180. If you could relive a day of your life again, which would it be and why?
181. If you could be invisible for a day, what would you do?



182. What would you do if you were God for just one day?
183. If there was one truth you could know, what would it be?
184. If you had to list three things you regret not learning to do, what would they be?
185. If you were to have an ideal day, what would it include?
186. Which invention or innovation has been the most important during your lifetime?
187. Is there any topic that is too serious to be joked about?
188. What would your perfect romantic evening be?
189. What one thing would you like to be remembered for?
190. Is there something that you would give your life for willingly?
191. What is the highlight and lowlight of your day or year?
192. What is an accomplishment you are most proud of?
193. If you could pick any two celebrities to be your parents, whom would you pick?
194. If you could pick any TV family to be in, which one would you pick?
195. Where do you see yourself 20 years from today?
196. What are the three most important qualities in a dad?
197. What are the three most important qualities in a mom?
198. What are the three most important qualities in a spouse?
199. What are the three most important qualities in a sibling?
200. What is the kindest thing a sibling ever did for you?
201. If you could have any job in the world, and you would excel at it, what would it be?
202. What is a favorite thing to do everyday?
203. What is your favorite part of the day?
204. What are you least looking forward to this year and why?
205. What are you most looking forward to this year and why?
206. Describe a perfect day with your friends?
207. What are you going to do with your kids that your parents did with you?
208. What is a unique tradition from your family?
209. If you could write a book that would influence the world, what would it be about?
210. If you could produce a movie that would influence the world, what would it be about?
211. If someone made a movie about you, who would you cast as you?
212. In what ways would you want to stay childlike?
213. What do I do that makes you feel more significant?
214. What do I do that makes you feel insignificant?
215. What do I do that makes you feel safe?
216. What do I do that makes you feel unsafe?
217. Where do you feel like you belong the most?
218. What circumstances make you feel like you don't belong?
219. What, from your family of origin, would you like to bring into your family?
220. What, from your family of origin, would you like to leave behind?



221. When is the last time you remember seeing something that made you feel uncomfortable?
222. What sounds make you cringe?
223. What smells make you happy?
224. What smells remind you of your childhood?
225. What do you remember about kindergarten or grade one?
226. Which elementary teacher stands out for you? What did they do? How do you think that impacted you?
227. Who's laugh makes you smile?
228. When do you remember feeling in danger as a child?
229. Tell me about a situation where you discovered that something you'd always assumed wasn't correct.
230. What activity promotes your insecurity?
231. What activity do you feel quite confident in?
232. What first impressions about you, have people shared with you that they have admitted to being inaccurate about later on?
233. What observation has someone made about you that positively impacted you because you had never heard it before?
234. What do you know about the day you were born?
235. When do you remember someone standing up for you?
236. In what ways do you feel you are a child?
237. When would you have liked to stop time for a bit?
238. If you owned an exotic pet, what would it be?
239. If you could help two people reconcile, who would you choose?
240. If you could solve a world problem, what would it be?
241. Which habit would you like to break?
242. Which habit would you like to develop?
243. Are pets or animals important to you? Any stories about them?
244. Do you refuel by being alone or with people? How so?
245. What tends to distract you?
246. What's your favourite chore? Or at least, one you don't mind doing?
247. Who has been the most influential person in your spiritual life?
248. If you could get an answer from God about anything right now, what question would you ask?
249. What do you believe happens to people right after they die?
250. Have you ever seen something you can't explain in the natural?
251. If you were locked overnight in a store, which one would you choose?
252. If you received a large gift certificate to a store, which store would you choose?
253. If you could be anywhere else right now, where would you be?
254. Describe yourself to a blind person.
255. What are your love languages?
256. Would you rather choose to face a zombie apocalypse or a natural disaster?

257. If you were trapped in a video game/tv series, which one would you choose?
258. If you woke up in a hospital, who would you want to see first?
259. What section of a bookstore would you gravitate towards?
260. Who is it easy for you to envy? Why?
261. In what circumstances are you most self-conscious?
262. Whose singing voice would you like to have?
263. What would you like on your tombstone?
264. What would you like other people to say about you?
265. Which holiday would you miss the most if it disappeared from the calendar?
266. Which law would you break if you could get away with it and not feel badly?
267. Who do you find yourself pitying?
268. Who do you consider brave?
269. What creative/artistic gift would you like more of?
270. If you could see what really happened close up on any day in history, which day would you choose?
271. Who taught you most about right from wrong?
272. Do you have a favourite motto or verse you'd like to live by?
273. What kind of cuisine can you never get enough of?
274. Who would you like to like you more?
275. What was your hardest good-bye?
276. Who has been the most difficult person to forgive?
277. What do you believe about forgiveness?
278. Do you feel more optimistic or pessimistic about the future of civilization?
279. Who would you have a hard time defending in a court of law?
280. Do you think you tend more toward apologizing quickly or slowly? Why do you think that is?
281. Are there any opportunities you wish you had taken advantage of in the past?
282. How do you tend to respond to people in authority? Why do you think that is?
283. What is your attitude toward fashion? Who has influenced that?
284. Who tends to "rub you the wrong way"?
285. What kind of person tends to intimidate you?
286. How do you tend to respond to wealthy or powerful people?
287. What would you invent if you could?
288. Where have you felt out of control?
289. Whose sense of humour do you most admire?
290. What activity can you get lost in doing?
291. What country would you NEVER want to visit?
292. What language(s) would you like to be able to speak fluently?
293. How do you think winning the lottery would affect you? Your relationships? Your lifestyle?
294. Is there anything you remember saying that you'd like to "unsay"?
295. What part of creation nourishes you most?



296. What do you want more of in your life?
297. What do you want less of in your life?
298. When did you do/say nothing and wish you had done/said something?
299. Did you ever break the law?
300. What makes you tear up or cry?
301. What was one of the most difficult decisions you've ever had to make?
302. What's one (or a few) of your pet peeves?
303. What do you tend to procrastinate on?
304. How do you handle bad news?
305. What was very valuable to you when you were young and not valuable at all now?
306. As you've grown older, what has become more precious to you?
307. What relaxes you quickly?
308. How do you handle failure?
309. Is there a season or time of year that is more difficult for you?
310. What topic of conversation would keep you engaged the longest?
311. How do you make difficult decisions?
312. Tell me about a time when you changed your mind and it was a good idea.
313. How do you think you would handle international fame?
314. When, in life, has quitting not been an option?
315. If you could have the power to create a new, viable political party, what would its platform be?
316. Is there a day in your life you would like to relive? Not change, just re-experience it?
317. If you could erase memories from your brain, which ones, if any, would you choose?
318. Would you like the power to make time stand still? How would you use it?
319. What topic could you speak about for hours on end?
320. Draw out your dream home layout
321. Whose good opinion do you most value?
322. If you had to choose one season to be stuck in, which one would you choose? Spring, summer, winter or fall?
323. Which one of your family is the easiest to spend long periods of time with?
324. Which instrument could you listen to the most?
325. Whose tenacity do you admire?
326. What has surprised you about your life?
327. How would you describe your teen years?
328. Did you ever wish for a more or fewer sibling?
329. How do you think being a twin would impact you? (If you are, how has it?)
330. What art form are you most confident in?
331. What is one thing about yourself you've tried to change and haven't yet been able to?



332. Have you ever pranked someone or been pranked by someone? What happened?
333. What was your least favourite chore as a child?
334. What did you “make believe” when you were little?
335. What do you admire about each of your closest friends?
336. Which holiday, if banned, would you defy and celebrate anyway?
337. If you were allowed one “do over” in your life, what would you do?
338. Whose opinion do you most value? Why is that?
339. What restores you when you’re feeling depleted?
340. Have you ever had a collection? Tell me about what prompted you to start it? What is it about collecting that you like? If you don’t collect anything - what would you, if you could?
341. Which is your favourite chair in your home and why?
342. Tell me about an object you own that means a great deal to you and if it were lost or destroyed you’d struggle. What significance does it have in your life? Why do you think that is?
343. What activity do you wish you had tried when you had the chance? What stopped you? Would it still stop you today?
344. What advice would you give to your younger self - assuming you would listen? What age would you choose to be when receiving it?
345. If you had to be a different race, which race would you choose and why?
346. Best breakfast food ever invented
347. Tell me about your favourite or dream road trip
348. When do you remember changing your mind about something you were previously very certain of?
349. If you had a completely reliable assistant (or an additional one), what would you have them do for you?
350. Who has most influenced your fashion style? as a teen? as an adult?
351. Who has most influenced your communication style?
352. Who has most impacted your conflict style? How do you feel about that?
353. Who knows you the best? 2nd best? Who thinks they know you but you really don’t think they do?
354. One of your biggest disappointments in life? How did you handle it?
355. Which additional language would you speak if you could right now? 2nd?
356. Which animal would you like to play with in Heaven?
357. What is the last thing or event that took your breath away?
358. What would your TED talk be about?
359. Who is it most easy for you to envy? What is it about them?
360. Whose affirmation do you find yourself craving?
361. Whose affirmation usually hits the bullseye of your heart?
362. What do you feel you can’t live without?
363. What has the ability to make or break your day?



- 364. What has the power to make you very sad?
- 365. What can produce almost instant happiness?
- 366. The loss of what would leave you a bit depressed?
- 367. What do you tend to attach your identity to?
- 368. What do others have that causes you to envy?
- 369. If you could get just one thing, what would it be?
- 370. The absence of what tempts you to question God's goodness?
- 371. What does your use of money tell you about what's important to you?