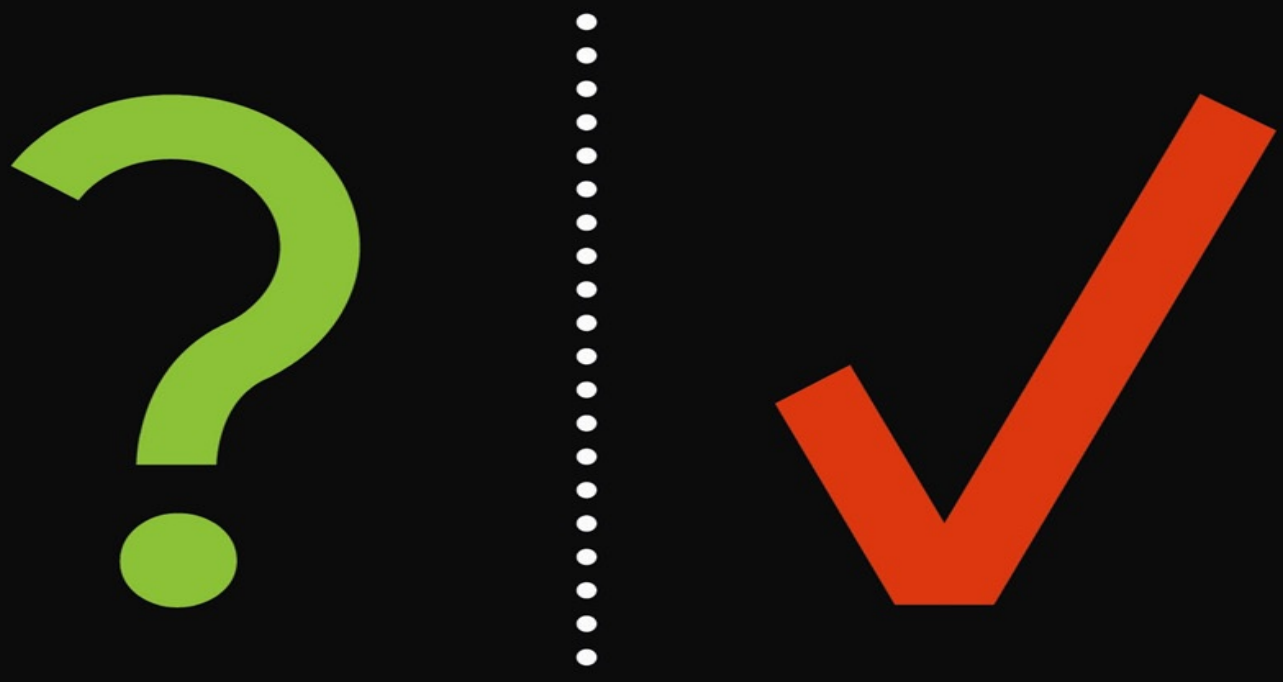
International Bestseller

The Question Book

What Makes You Tick?



Mikael Krogerus and
Roman Tschäppeler

THE QUESTION BOOK

Also by Mikael Krogerus & Roman Tschäppeler

THE DECISION BOOK

THE QUESTION BOOK

WHAT MAKES YOU TICK?

Mikael Krogerus & Roman Tschäppeler

Translated by Jenny Peining

WITH ILLUSTRATIONS BY PHILIP EARNHART



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Thanks
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INSTRUCTIONS FOR USE

This book started life with a really good question: why do people so rarely ask a really good question?

This question turned into an experiment: what would happen if we compiled all the questions we'd ever wanted to ask, but for whatever reason had kept to ourselves? Questions that we kick ourselves afterwards for not asking, questions that get us thinking or make us laugh.

We discussed and debated, reflected and read. And above all we did something that we don't do often enough: we asked questions. The experiment turned into a book, which you are now holding: 616 provocative, stimulating, revealing, challenging and eye-opening questions.

You can fill out *The Question Book* alone like a diary. You can use it to pass the time during a long train or plane journey – or use it as the basis for your memoirs! You can use *The Question Book* to find out whether you are reaching your potential at work, to lighten up a dull dinner party, or to draw a family member out of their shell. You can use it to spice up your relationship, or to finally get to know your parents – and it may lead to some heated discussions with your children. With this book you'll get even the shyest person talking. We believe everyone has a good story to tell: you just need to ask them the right questions.

Use *The Question Book* as you like: start from the back, scribble all over it, add your own questions. But don't expect any answers from us. The answers lie with you.

FOUR RULES OF THE GAME

1 Don’t think about a question for too long; go with the first answer that comes into your head.

2 There are no right answers, only honest ones.

3 No answer is binding. It can always be revised.

4 We all admire people who have good answers. And we admire people who ask good questions even more. But most of all we are touched by those who can really listen.

THE QUESTION BOOK

LAST YEAR

Think about the last twelve months of your life and answer the following questions:

1 Your book of the year:

2 Your song of the year:

3 A film that you saw in the last twelve months:

4 Your item of clothing of the year:

5 The best sex:

6 The most important person:



7 The most annoying person:



8 A person you apologised to:



9 A person that you got to know:



10 A person you lost/left:



11 A person you neglected:



A person who neglected you:



12 A bad argument:

13 Which of your friends did you see the most last year?



14 Who inspired you?



Who did you inspire?



15 Something that changed your life:

16 The best gift:

17 An expensive purchase:

18 The best holiday:

19 A sense of achievement (at work):

20 The biggest disappointment:

21 Did you earn more or less than in the previous twelve months?

☐ more ☐ less ☐ the same

22 A plan that you carried out:

23 How often were you ill in the last year?

24 The question of the year:

25 Something you learned:

- Something you forgot:

26 A political event that moved you:

27 The party of the year:

28 Your quote of the year:

29 Your word of the year:

30 The wine of the year:

31 Something that surprised you:

32 The most difficult decision you had to make:

33 Something you regret doing:

34 Something you regret not doing:

35 Was this your best year so far?

☐ yes ☐ no

- Why?

RIGHT NOW

36 Where are you right now?

.....

.....

37 Three things that you can reach without getting up:

a. .....

b. .....

c. .....

38 Two things that you did today:

a. .....

b. .....

39 Two people you've been thinking about a lot lately:


.....


.....

40 A word that…

☐ describes your health

.....

☐ describes your financial situation

.....

☐ describes your work

.....

☐ describes your sex life

.....

- describes your relationship

.....

- describes your life

.....

41 A magazine that you read regularly:

.....

42 Your favourite pair of shoes:

.....

43 Your perfume or aftershave:

.....

44 Your favourite sport:

.....

- One that you like to watch:

.....

45 Your favourite toy

- when you were a child: .....
- today: .....

46 Which languages do you speak?

- Fluently:

.....

- Well:

.....

47 Which language would you like to learn?

.....

48 On how many days of the week do you drink alcohol?

☐ none ☐ 1–2 ☐ 3–5 ☐ daily

49 On what occasions do you avoid alcohol?

.....

.....

50 Three meals that you cook all the time:

a. .....

b. .....

c. .....

51 A meal that others enjoy eating and that you're good at cooking:

.....

52 A meal that you would like to cook but have never tried to:

.....

53 Approximately how much do you spend on food every month?

☐ On groceries: .....

☐ On eating out: .....

54 A TV programme that you watch regularly:

.....

55 The most famous person you've ever spoken to:



.....

56 What is your nickname?

.....

☐ Who uses your nickname?



RITUALS & ROUTINES

57 When do you normally go to bed?



☐ a.m.

☐ p.m.

58 When do you get up?



☐ a.m.

☐ p.m.

59 What is your favourite time of day?



☐ a.m.

☐ p.m.

☐ Why?

.....

60 Your sleeping position:









61 Do you have any funny habits?

.....

.....

62 What do you normally do when you are pondering a difficult decision?

.....

.....

63 What do you wear when you want to look attractive?

.....

.....

64 Describe a perfect evening:

.....

.....

.....

65 A favourite ritual from your childhood:

.....

66 Is there a ritual that you would like to start?

.....

67 What ritual have you given up?

.....

68 Other people’s rituals that you find ridiculous:

.....

.....

(GUILTY) PLEASURES

69 What do you usually order to drink at a bar?

.....

70 When was the first time you got drunk?

.....

.....

71 Your favourite pub:

.....

 Why do you go to this pub?

.....

72 Your worst experience with drugs:

.....

.....

 Your most exciting experience with drugs:

.....

.....

73 What drug would you take if it didn't have any side effects?

.....

74 Are you addicted to anything?

.....

 Can you deal with it or do you want to give it up?

☐ can deal with it ☐ want to give it up

75 Something that you used to be addicted to but aren't any more:

.....

 How did you manage to quit?

.....

.....

76 What do you do to treat yourself?

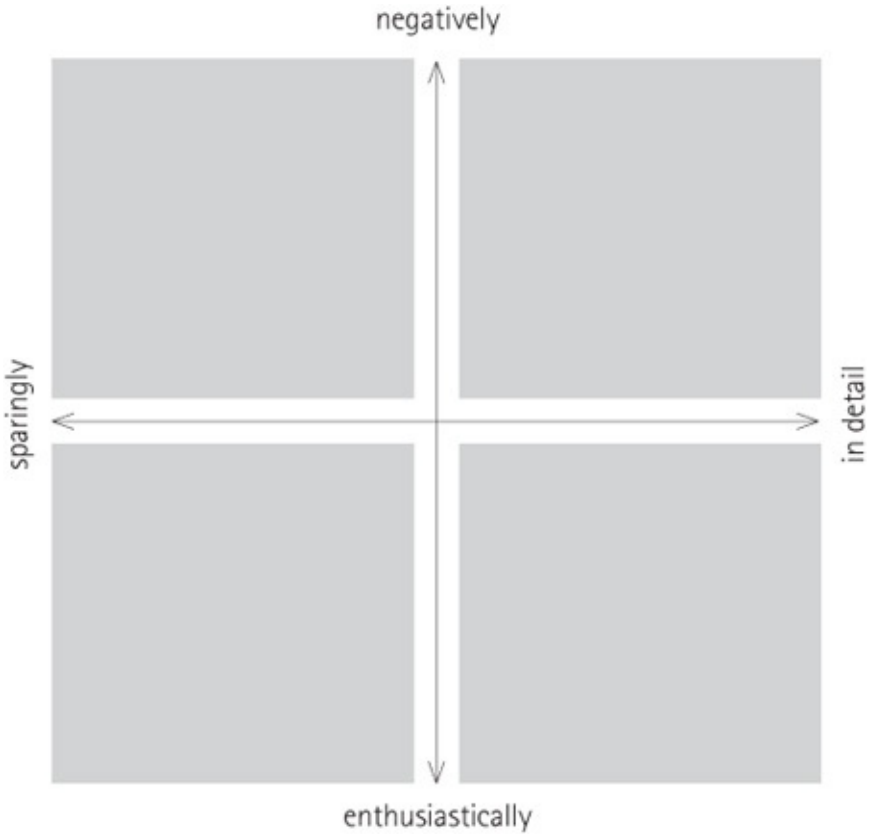
.....

.....

COMMUNICATING

77 Mark on the diagram: how do you talk about…

- your day at work? (A)
- your holidays? (B)
- your achievements? (C)
- your partner? (D)
- your sex life? (E)
- your problems? (F)



78 Three words, phrases or figures of speech that you use a lot at the moment:

a. .....

b. .....

c. .....

79 Can you express yourself better verbally or in writing?

☐ verbally ☐ in writing

80 How many times a day do you check your email?

☐ once
☐ five times
☐ twenty times
☐ more than 50 times

81 How much time do you spend surfing the internet every day?

.....

☐ Do you think that's too much?

☐ yes ☐ no

82 Are you on Facebook?

☐ yes ☐ no

☐ How many Facebook friends do you have?

.....

☐ How many of them would you describe as friends?

.....

☐ Do you post on Facebook? How often?

.....

83 Who did you last write a letter to?



.....

- Who did you receive one from?



.....

84 A speech or talk that you have given:

.....

85 What do you have as your home page on your web browser?

- www. .....

CAREER

86 What do you do for a living?

.....

87 How would you explain to a child what you do for a living?

.....

88 What do you define as work?

.....

89 Why do you get up in the morning? Fundamentally speaking, what do you really work for?

.....

.....

90 What did you want to be when you were younger?

.....

 Why have you (not) become this?

.....

91 What did your parents want you to be?

.....

 Why did you (not) become this?

.....

92 What other career would suit you?

.....

93 Besides your actual career, do you have other talents with which you could earn money?

.....

.....

94 What would be your ideal job if you didn’t have to worry about money?

.....

95 Do you have a career role model?



.....

96 What is more important to you? Mark on the line:

career success ⟵⟶ personal happiness

- What have you focused on more up till now?

.....

- Would you like to change this?

☐ yes ☐ no

97 Describe a crucial turning point in your career:

.....

98 Do you consider yourself successful?

.....

99 'If you can dream it you can do it': according to your experience is this true or not? Explain.

.....

.....

00 Would you rather get a better salary or land a more interesting job?

.....

01 Are your parents proud of what you do for a living?

☐ yes ☐ no

- Why? .....

- Why not? .....

02 Would you recommend your children to pursue the same career path as you have? Why?

.....

03 In your relationship who is the breadwinner? What would change if your spouse were less successful than you?

.....

04 If you have kids how do you cope with the pressures of parenting on your work life?

.....

.....

05 Describe a situation in your career where you did not take the path of least resistance:

.....

.....

06 Take a look at your professional life: did you envisage it like this?

.....

07 Have you ever been unemployed? If yes:

- How did you become unemployed?

.....

- How did you come to terms with it?

.....

08 Are you a member of a union?

☐ yes ☐ no

09 If yes, have you ever been on strike?

☐ yes ☐ no

- If yes, why?

.....

- If no, why not?

.....

10 Do you also do voluntary work?

☐ yes ☐ no

- If yes: why?

.....

.....

- If no: why not?

.....

.....

11 If you are retired: are you happy to be retired?

.....

- What do you miss?

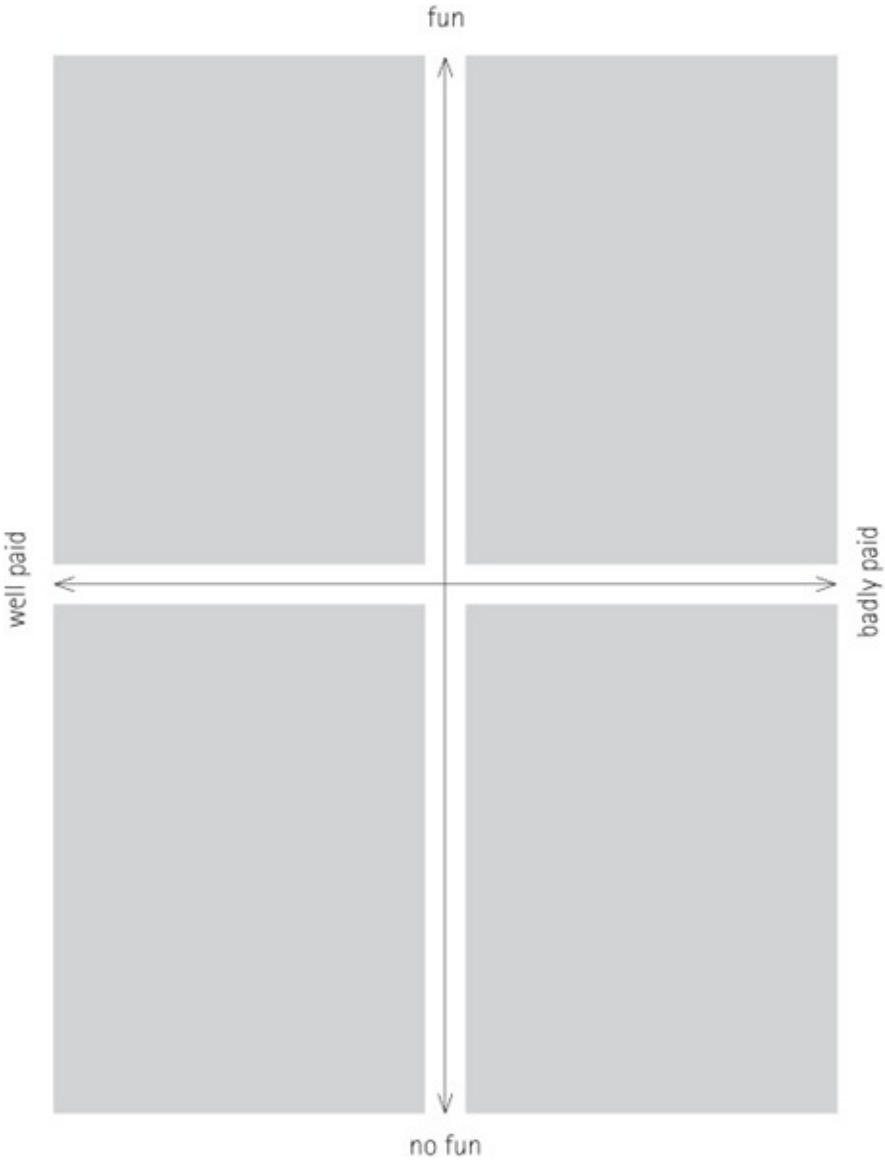
.....

.....

12 Do you have a secure pension?

☐ yes ☐ no

13 Fill in all the jobs you have been paid for:


fun
well paid
badly paid
no fun

IN THE OFFICE

114 What is the first thing you do when you get into your office?

.....

115 What are the three things you are best at in your job?

a. .....

b. .....

c. .....

116 When are you at your most productive?

☐ morning ☐ afternoon ☐ evening

117 Do you work better under pressure?

.....

118 Who would you ask to write a reference letter for you?



.....

119 What aspects of your character are most in evidence when you're at work?

.....

120 How many hours a week do you work on average?

.....

☐ You would prefer to work less

☐ You would prefer to work more

121 Would you like to have more responsibility in your job or less?

☐ more ☐ less ☐ the same amount

122 Mark on the line: how demanding is your job?

too demanding<⟷>not demanding enough

123 Are you popular at work?

☐ yes ☐ no

☐ Why do you think this is?

.....

124 What are your bosses doing wrong?

.....

.....

125 Would you rather work alone or in a team?

.....

126 What position do you prefer on a team working on a project?

.....

.....

127 Who is your all-time favourite co-worker?

.....

What do you like about him/her?

.....

☐ Who is your worst co-worker?

.....

128 Name three friends you would like to work with.

.....

.....



129 What aspects of your job are you most confident about?

130 How far would you go in order to get a promotion/better job?

a. hide your religious beliefs

b. tweak your CV a little

c. lie openly in a job interview

d. go to bed with the employer

☐ Which of the above, if any, have you already done?

131 What gives you the greatest satisfaction at work?

132 What frustrates you the most?

☐ How do you usually cope with it?

133 What do people most often criticise about you?

134 Have you ever experienced a burnout or felt close to it?

135 What do you do in order to prevent a burnout?

136 What have you done to improve your knowledge lately?

.....

137 When did you stop thinking that you will become smarter? Or do you still think you will?

.....

138 Do you believe you will still be working for the same company in five years' time?

.....

139 How replaceable are you?

.....

140 What inspires you about your job?

.....

.....

141 Who do you compare yourself to?



.....

142 How much of your work day do you spend communicating via email?

.....

How much of your work day do you spend actually meeting someone? Is there a difference?

.....

.....

143 What is your strategy for coping with too many emails?

.....

144 What is your typical position in the meeting room? Do you have a favourite spot?

.....

145 Which company would you most like to work for?

.....

- What are the chances that one day you will work for them?

.....

146 Which company would you never work for and why?

.....

WHAT YOUR BOSS THINKS ABOUT YOU

Ask your boss!

If you can’t or don’t want to ask your boss, ask yourself: how would my boss answer?

Name of your boss:

.....

147 Three things that I’m good at:

a. .....

b. .....

c. .....

148 How predictable am I?

unpredictable 0 5 10 predictable

149 How important is my role in the company?

unimportant 0 5 10 important

150 Do I earn too much, too little, or exactly the right amount?

.....

☐ Why?

.....

.....

.....

151 How popular am I among my colleagues?

.....

☐ Why?

.....

.....

.....

152 Something I should change about the way I work:

.....

.....

.....

BEING THE BOSS

153 Who is your favourite employee?

.....

Why? .....

154 Who is your most important employee?

.....

Why? .....

155 Look at your team: who is missing? (i.e. who would be good on your team)

.....

156 Which of these qualities in employees are most important to you? Make a rank order.

a. Loyalty .....

b. Initiative .....

c. Reliability .....

d. Competence .....

e. Sympathy .....

f. Replaceability .....

157 What are you like? Make a rank order using the characteristics listed above.

.....

158 Who was your favourite boss?

 .....

What did you like about her/him?

.....

159 In your experience, what motivates employees?

.....

160 What motivates you?

.....

161 What is your greatest fear as a boss?

.....

162 Who is your biggest competitor?

.....

163 What do you admire in your competitors?

.....

WHAT YOUR COLLEAGUE THINKS ABOUT YOU

Ask a co-worker. If you can’t or don’t want to ask them, then ask yourself: how would my co-worker answer?

164 Describe me in three words:

.....

165 What does our boss think of me?

.....

166 How popular am I among our colleagues? Explain:

.....

.....

167 What am I really good at?

.....

.....

168 What should I change about the way I work, or become better at?

.....

.....

MIND & BODY

169 How many hours' sleep do you need?

.....

☐ How many hours sleep do you get on average?

.....

170 Your trick for getting to sleep:

.....

.....

171 How do you relax?

.....

.....

172 Would you like to be…

☐ slimmer? ☐ stronger?

☐ fitter? ☐ more dynamic?

173 How many times a day do you look at yourself in the mirror?

.....

☐ What do you see?

.....

.....

174 Do you exercise?

☐ yes ☐ no

☐ How many times a week?

.....

☐ Do you have the feeling you should be doing more exercise? If yes, why?

.....

175 What was your most impressive sporting achievement?

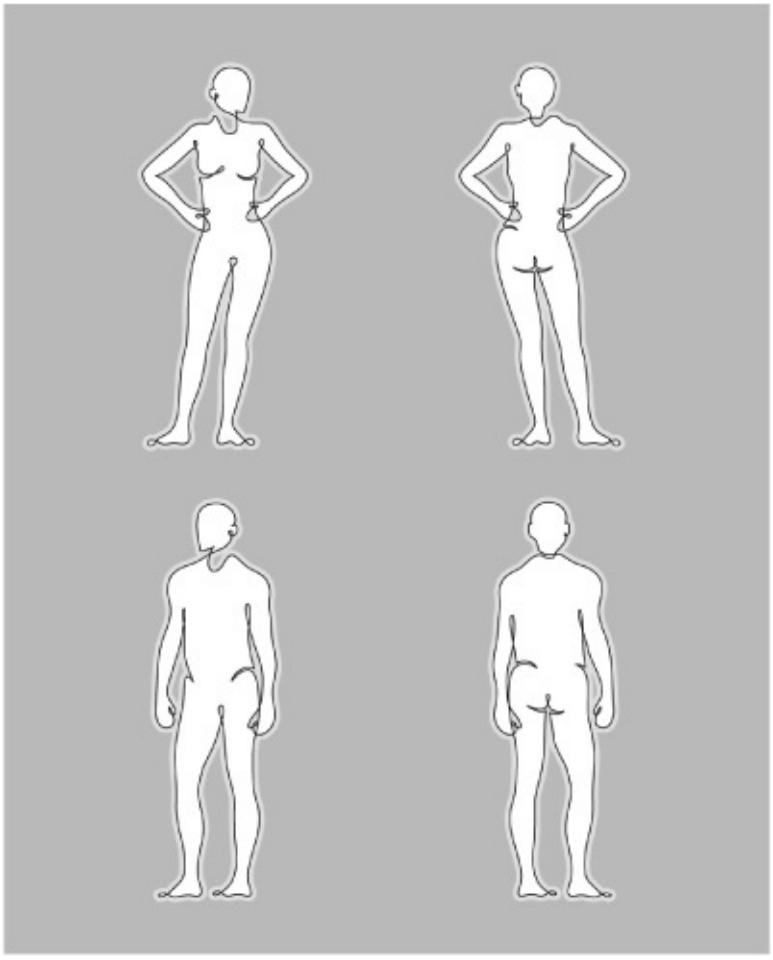
.....

176 Which sport would you like to be really good at?

.....

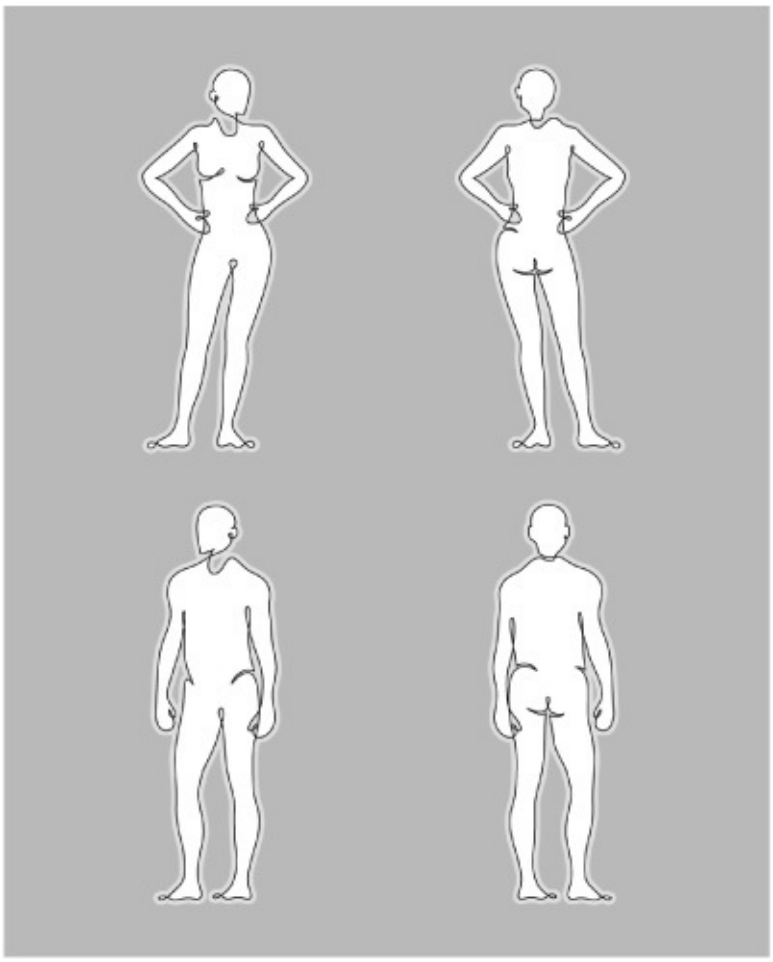
179 Pinpoint…

- three problem zones.
- three physical features you are proud of.



178 Pinpoint…

- three things that you like about your partner’s body.
- three things that you don’t like.



179 Have you ever been on a diet?

.....

☐ If yes, what kind?

.....

☐ How successful was it?

.....

180 How many times a week do you eat meat?

☐ never ☐ 1–3 times

☐ 4–7 times ☐ several times a day

181 Why are you a vegetarian / meat-eater?

.....

.....

In your opinion, what distinguishes humans from animals?

.....

.....

182 What are your favourite cures or remedies?

.....

183 What medication do you take regularly?

.....

What medication do you think you should be taking?

.....

Are you on a medication that you think you should stop taking?

.....

184 Do you have any phobias?

.....

185 How stressed do you feel at the moment? Mark on the line:

relaxed <——————————> burnt-out

186 What helps you when you're feeling stressed?

.....

.....

187 Your worst illness:

.....

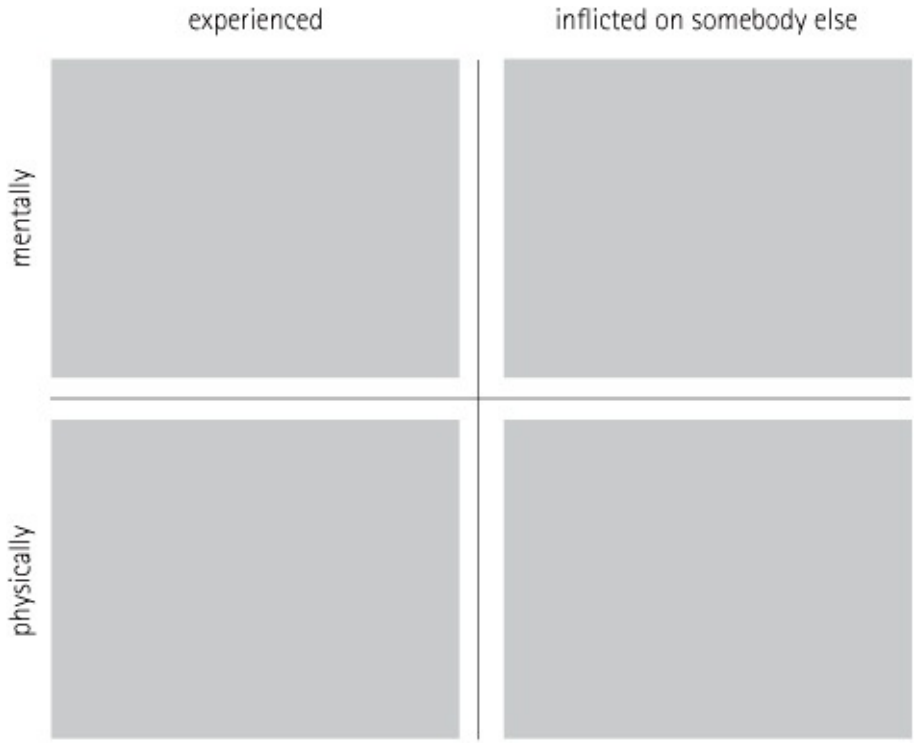
.....

188 Your worst accident:

.....

.....

189 The worst pain you've ever experienced:



190 Can you imagine suffering from such an unendurable medical condition that you would consider committing suicide?

.....

191 What age do you hope to live to?

.....

192 What do you do to stay healthy?

.....

.....

193 Have you ever been in psychotherapy?

☐ yes ☐ no

☐ If yes, why?

.....

.....

194 Do you have private medical insurance?

.....

HOUSE & HOME

195 How old were you when you moved away from home?

.....

196 Do you prefer living alone or with somebody else?

☐ alone ☐ with somebody else

197 Think about all the people you have ever lived with.

☐ Who was your best flat-mate?



.....

☐ Who was your worst flat-mate?



.....

198 Draw the floor plan of the first flat/house you owned.

199 Which of your friends could you imagine sharing a flat or house with?



.....

200 What percentage of your income do you spend on rent/ mortgage?

.....

201 The nicest flat or house you've ever lived in:

- Address: .....

.....

 The nicest town or village you've lived in:

.....

202 What is your favourite street in your town?

.....

203 Where is your favourite place in your flat/house?

.....

204 Two things that you like about your flat/house:

a. .....

b. .....

205 Two things that you dislike about your flat/house:

a. .....

b. .....

206 Describe your dream flat/house:

.....

207 How would you like to live in old age?

.....

208 Where do you feel at home?

.....

209 Mark on the line below: What are you?

chaotic <——————————> tidy

 Would you like to be different?

☐ yes ☐ no

 Why have you not yet succeeded?

.....

210 How many times a year do you get final demands for unpaid bills?

.....

211 Household

	yes	no
Do you always do the washing up right away?	☐	☐
Do you vacuum every week?	☐	☐
Do you have a cleaner?	☐	☐
Do you do your own ironing?	☐	☐
Do you clean your windows at least once a year?	☐	☐
The toilet paper is finished: do you immediately install a new roll?	☐	☐
Do you tidy the house/flat before visitors come round?	☐	☐

PICK YOUR THREE

212 Three places where you have lived:

a.

b.

c.

213 Three of your favourite books:

a.

b.

c.

214 Three films that you can watch again and again:

a.

b.

c.

215 Three TV series where you haven’t missed an episode:

a.

b.

c.

216 Three music albums that have changed your life:

a.

b.

c.

217 Look at your iPod/iPhone: what were the last three songs that you played?

a.

b.

c.

 What are the three most-played songs?

a.

b.

c.

218 Three games that you like to play:

a.

b.

c.

219 Three of your favourite drinks:

a.

b.

c.

220 Three brands that you like to buy:

a.

b.

c.

221 Three of your favourite local restaurants:

a.

b.

c.

222 Three things that are always on your to-do list:

a.

b.

c.

223 Three things that irritate you about other people:

a.

b.

c.

224 Three favourite topics of conversation at the moment:

a.

b.

c.

225 Three of your favourite shops:

a.

b.

c.

226 Three things you typically do when you’re bored:

a.

b.

c.

227 Three things you would like to do before you die:

a.

b.

c.

CONFESSIONS

228 A film that really frightened you:

- One that made you cry:

229 Something you know absolutely nothing about:

230 Something you spend too much money on:

231 Something that makes you happy:

232 Something that bores you:

233 Something you never want to do again:

234 Something that is sacred to you:

235 Music you like to listen to – but don’t admit to:

236 One of the best concerts you’ve ever been to:

237 A work of art that inspires you:

238 An amazing experience you have had in nature:

MONEY & POSSESSIONS

239 Your bank balance (approximately):

- ☐ Current account: .....
- ☐ Savings account: .....
- ☐ Other accounts: .....
- ☐ Total .....

240 Your monthly income:

.....

241 Could you survive on less money?

☐ yes ☐ no

242 Could you survive on half of your current income?

☐ yes ☐ no

243 How much do you earn compared to your best friend?

☐ more ☐ less ☐ about the same

244 Who do you owe money to?



.....

245 Who owes you money?



.....

246 What was the last thing you stole?

.....

 Why have you not stolen since then?

.....

247 Have you ever been guilty of tax evasion?

☐ yes ☐ no ☐ don't know

248 Which three things (not people) would you save if your flat/ house was on fire?

a. .....

b. .....

c. .....

249 Something you have owned since you were a child:

.....

250 Something you threw away / lost and would like to have back:

.....

251 Something you should get rid of:

.....

252 Something you would buy if you had the money:

.....

253 Do you play the Lottery?

☐ yes ☐ never ☐ only rarely

254 Do you have stocks and shares?

.....

255 Did you lose any money during the financial crisis? If yes, about how much?

.....

 Who do you blame? Yourself or someone else?

☐ myself ☐ someone else

256 Have you ever been in financial trouble?

☐ yes ☐ no

☐ If yes, why?

.....

☐ What did you do?

.....

.....

257 Who among your friends knows how much you earn?



.....

258 Do you find it embarrassing to talk about what you earn? Why?

.....

.....

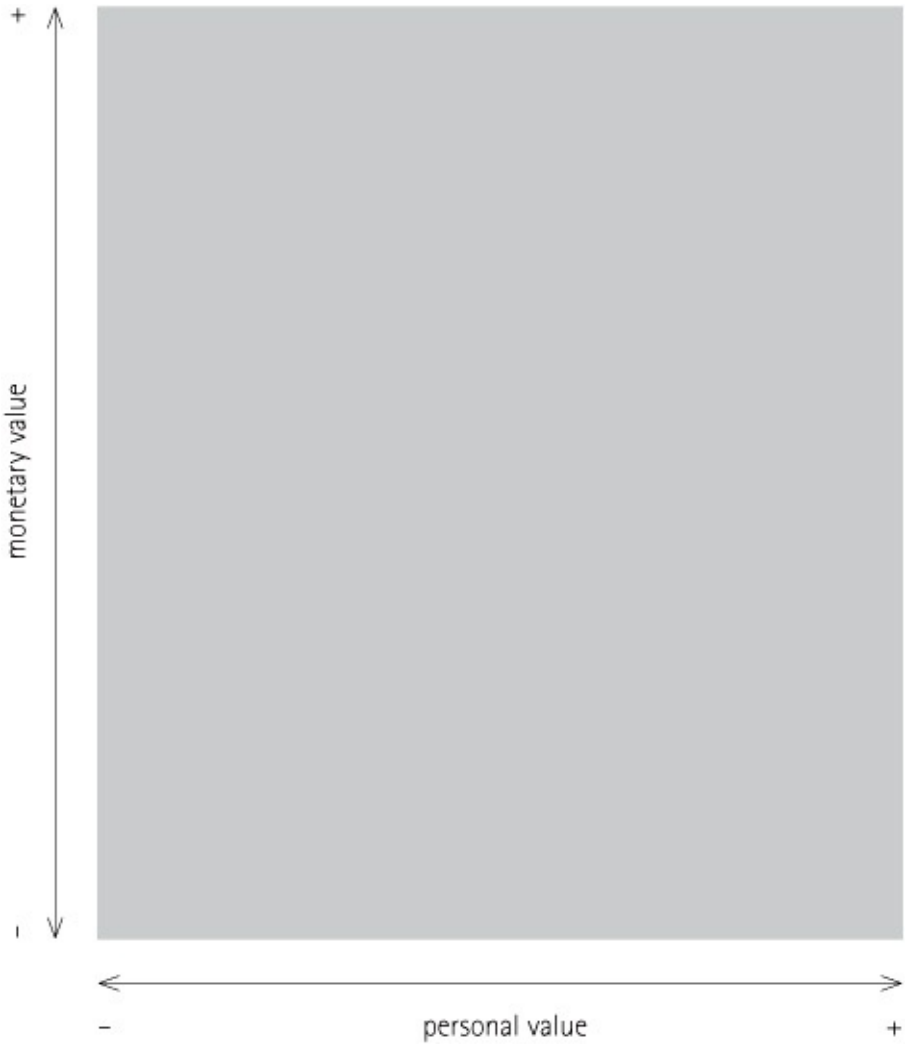
259 If you have a family, do you have a joint account?

☐ yes ☐ no

260 How much money will your children inherit when you die?

.....

261 Fill in five valuable things that you own – according to monetary value and personal value:


+
monetary value
-
–
personal value
+

WHO YOU ARE

262 What nationality are you?

.....

What common prejudices do people have against your nationality?

.....

Which of these prejudices apply to you?

.....

263 Two people who have influenced you:

.....

.....

264 Two events that have influenced you:

a. .....

b. .....

265 Your two best character traits:

a. .....

b. .....

266 Your two worst character traits:

a. .....

b. .....

267 Two compliments that you often get:

a. .....

b. .....

☐ Which one means more to you?

☐ a. ☐ b.

268 Something hurtful that someone said to you:

.....

.....

269 What, for you, is a sign of independence?

.....

☐ Do you feel independent?

☐ yes ☐ no

270 Do you think you act your age?

☐ Yes, because

.....

☐ No, because

.....

271 Something significant that has changed in your life in the last two years:

.....

272 What are you currently struggling with?

.....

273 What have you struggled with in the past but learnt to live with?

.....

274 A behavioural pattern that you would like to change:

.....

☐ Why have you not succeeded?

.....

.....

275 An experience that you always tell people about:

.....

.....

276 Something you shouldn’t tell people about but often do:

.....

.....

277 What do you spend too much time on, and what do you not spend enough time on?

☐ Too much time:

.....

☐ Not enough time:

.....

278 Two pointless things you spend time on but can’t give up:

a. .....

b. .....

279 Two things you regret:

a. .....

b. .....

280 Two things you are proud of:

a. .....

b. .....

281 Which of the two previous questions was easier for you to answer?

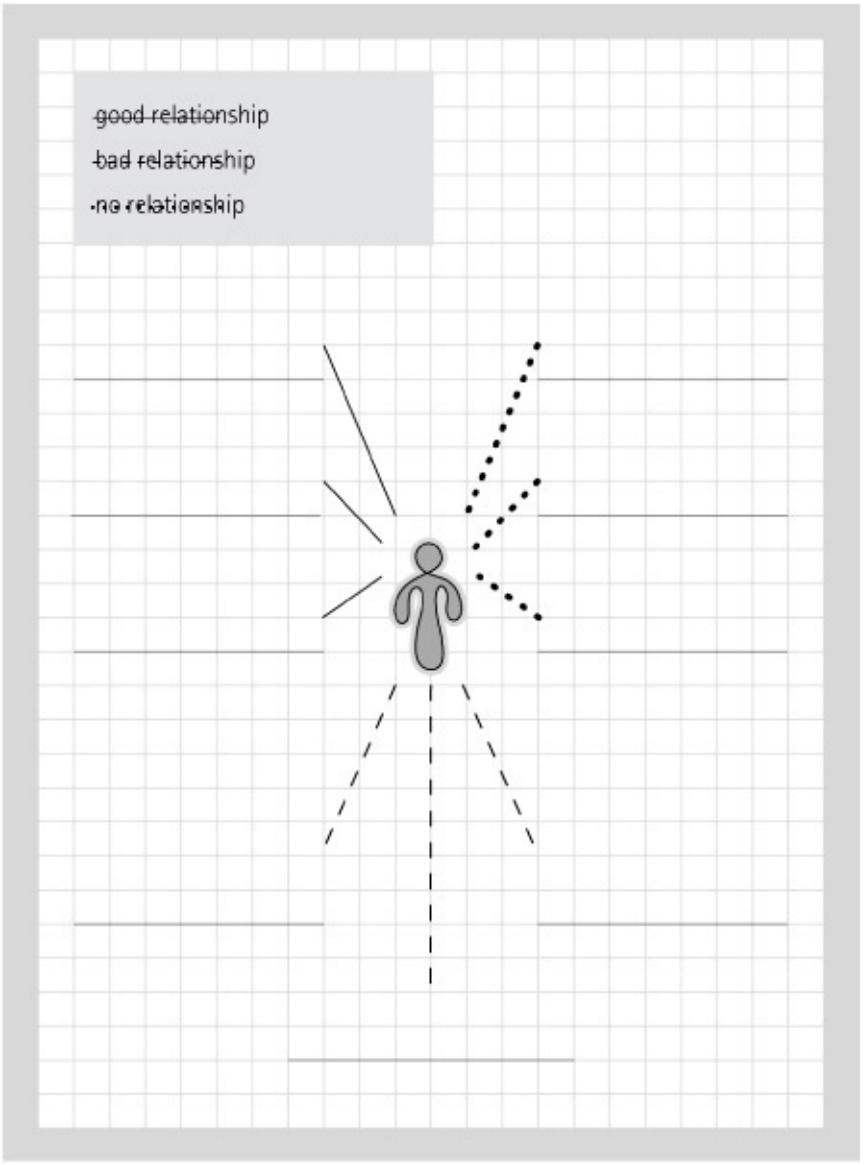
☐ 279 ☐ 280

282 What moves you to tears?

.....

.....

283 Fill in the names of your closest relatives:



WHO YOU REALLY ARE

284 Would you describe yourself as a pessimistic or optimistic person?

☐ pessimistic ☐ optimistic

☐ Why would you describe yourself in this way?

.....

.....

285 Describe a situation in which you felt out of your depth:

.....

.....

286 Describe a situation in which you felt insecure:

.....

.....

287 How loyal do you think you are?

disloyal 0 . . . . . 5 . . . . . 10 loyal

288 How reliable do you think you are?

unreliable 0 . . . . . 5 . . . . . 10 reliable

☐ An occasion when you were unreliable:

.....

289 How brave do you think you are?

cowardly 0 . . . . . 5 . . . . . 10 brave

☐ An occasion when you were very brave:

.....

☐ An occasion when you were very cowardly:

.....

290 Three skills you wish you had:

a. .....

b. .....

c. .....

291 Which of the following attributes could you do with most at the moment?

- ☐ persistence
- ☐ imagination
- ☐ courage
- ☐ calmness

292 What do you think you can do better than most of your friends?

.....

293 When you receive a compliment, are you usually able to accept it and enjoy it, or do you feel you didn't deserve it?

.....

☐ Explain your answer:

.....

.....

294 In your relationships to date, have your partners loved you more than you loved them, or vice versa?

partner loves you more ⟷ you love partner more

295 In conversations with friends, are you usually the talker or the listener?

talker ⟷ listener

296 What is your reputation among your peers?

.....

.....

☐ Do you have a rival?



.....

297 What effect do you think you have on others?

.....

.....

298 Would you like to have yourself as a friend?

☐ yes ☐ no

299 Are you a good loser?

☐ yes ☐ no

300 Can you cope with the feeling of being disliked by someone?

.....

☐ Explain:

.....

.....

301 Have you ever hit your partner?

☐ yes ☐ no

☐ your children?

☐ yes ☐ no

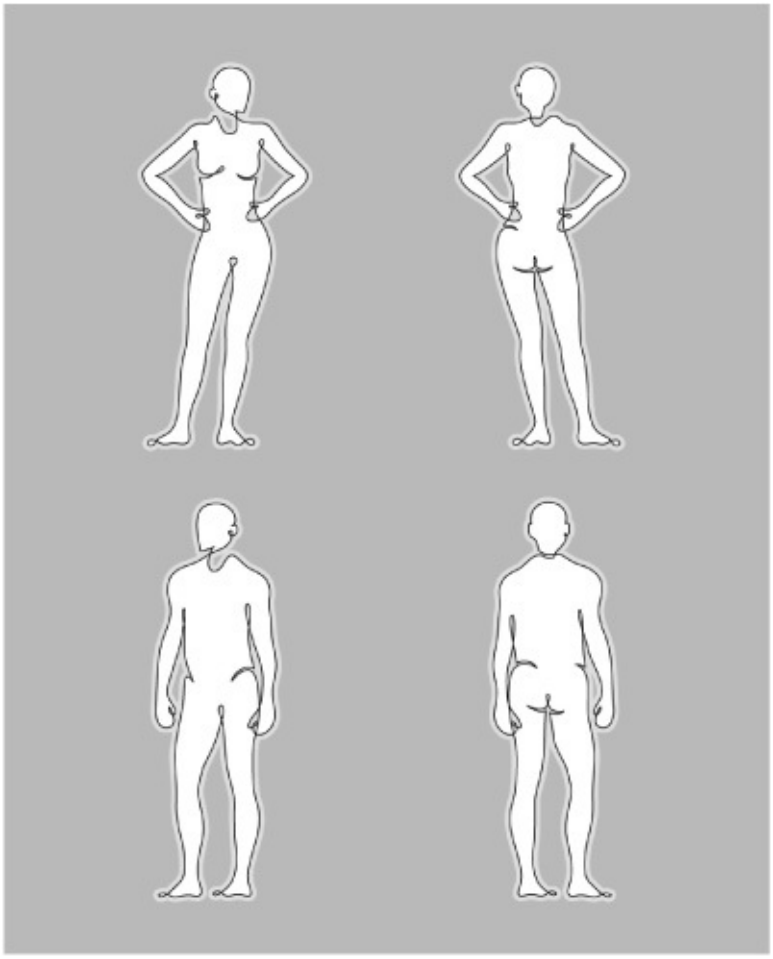
☐ in which situations?

.....

.....

MEN & WOMEN

302 What is the first thing you notice in a man/woman? Indicate below:



303 What are your most feminine qualities?

.....

304 What are your most masculine qualities?

.....

305 Do you have more female or male friends?



306 If you live with your partner, what household chores do you do?

.....

.....

307 Who do you think plays a more important role for the child:

308 Who has it easier in our society?

Why?

.....

.....

309 Over the last thirty years, whose role has changed to a greater extent? The role of men or of women?

Why?

.....

.....

310 How do you explain the fact that women in all western countries still earn less than men?

.....

.....

311 Would you have your child operated on if it was born with an unclear gender?

yes no

PRINCIPLES & VALUES

312 Have you ever committed a petty offence?

.....

.....

313 When, and how, did you last stand up for your beliefs?

.....

.....

.....

314 What is the most overrated virtue in your opinion? Give your reasons:

.....

.....

.....

315 Have you ever read your partner's diary or emails?

.....

☐ Does your partner know about it?

☐ yes ☐ no

☐ What did you discover?

.....

.....

☐ Do you regret making the discovery?

.....

316 When did you last tell a lie?

.....

.....

317 Do you lie to yourself? What about?

.....

.....

318 If you found out that the child you were expecting would be born with a disability, what would your reaction be?

.....

.....

What do you think your partner's reaction would be?

.....

.....

319 Do you have an organ donor card?

☐ yes ☐ no

If not, why not?

.....

.....

.....

POLITICS & BELIEFS

320 When you were younger, were you for or against the following:

	for	against
Toughening up of the asylum system	☐	☐
University tuition fees	☐	☐
A divided Jerusalem	☐	☐
War on terror	☐	☐
State bailout of banks	☐	☐
Ban on adoption for same-sex couples	☐	☐
Legalising doping in sport	☐	☐
Legalising cannabis	☐	☐
Torturing of terrorists	☐	☐
Ban on smoking in pubs	☐	☐
Nuclear energy	☐	☐

What do you think today?

.....

.....

.....

321 What is the biggest immigrant community in your town or area?

.....

How many members of this community do you know?

.....

Do you have any prejudices against this community? If so, why?

.....

.....

322 What do you think are the three most important political events to have occurred in your lifetime?

a. .....

b. .....

c. .....

323 Where were you when you heard about the 9/11 attacks?

.....

 What was your immediate reaction?

.....

.....

324 The three most pressing political issues:

a. .....

b. .....

c. .....

 What have you done for or against them?

.....

.....

 What would have to happen to spur you into action?

.....

.....

325 How would you attack the system if you wanted to destroy it?

.....

.....

.....

326 Would you rather change the system or yourself?

☐ system ☐ myself

327 Do you feel guilty about developing countries?

☐ yes ☐ no

328 Is there a political issue that you'd like to know more about?

.....

329 Are you a member of a political party?

☐ yes ☐ no

☐ If no, which party would you join if you had to?

.....

330 What would you take to the streets for?

.....

.....

.....

331 When did you last vote?

.....

☐ What did you last vote for?

.....

332 Which politicians do you trust?

.....

.....

333 Are you patriotic, and, if so, how do you express your patriotism?

.....

.....

.....

THINKING GREEN

334 Do you separate your rubbish?

☐ yes ☐ no

335 Do you use energy-saving electricity?

☐ yes ☐ no

336 Approximately what percentage of the food that you buy is organic?

.....

☐ Since when has this been the case?

.....

337 What food-related health risks do you worry about most?

☐ pesticides, toxic substances, viruses
☐ food additives
☐ lack of vitamins and minerals
☐ weight gain
☐ other (specify)

.....

338 Are you concerned about how or where products are produced? Which products in particular?

.....

.....

339 If you drive a car:

☐ Which make and why?

.....

☐ How much fuel does your car consume per 100 miles?

.....

340 What would you be prepared to do to reduce your carbon footprint?

- ☐ get rid of your car
- ☐ change to energy-efficient electricity
- ☐ take the train to go on holiday
- ☐ not eat meat for a year
- ☐ other (specify)

.....

.....

341 What do you think is the most pressing environmental issue?

.....

☐ What have you done about it?

.....

.....

☐ If nothing, why not?

.....

☐ What would have to happen to spur you into action?

.....

342 What luxury could you live without?

.....

☐ Why don’t you?

.....

.....

FIRST TIME – LAST TIME

When was the first and last time you did the following?

		First time	Last time
343	**fell in love**		
344	dumped someone		
345	were dumped		
346	cheated on your partner		
347	were cheated on		
348	were drunk		
349	had sex		
350	had drunken sex		
351	were ashamed		
352	were the best at something		
353	lived alone		
354	took drugs		
355	thought about dying		

TRAVEL

356 Do you tend to pack too much or too little?

- ☐ too much
- ☐ too little
- ☐ too late

357 Three people who you got to know on holiday: Are you still in touch with them?



358 A person who you fell in love with on holiday:



359 Which of your friends would you go on a round-the-world trip with?



360 Your dream destination when you were a child:

.....

☐ Have you fulfilled this dream? How was it?

.....

.....

.....

361 A holiday which went differently than planned:

.....

.....

.....

.....

362 Mark on the map:

- your best holiday (A)
- the last place you went (B)
- the next place you’re going to (C)
- A destination that disappointed you (D)
- Where would you most like to go? (E)

  What would you like to see there?

  - .....
  - .....





363 Best of – worst of

- The best hotel: .....
- The best beach: .....
- The best restaurant: .....
- The most unfriendly country: .....
- The nicest country: .....
- The worst travel experience: .....

.....

.....

364 What do you miss when you’re travelling?

.....

365 The first thing you do when you get back from holiday:

.....

CHILDHOOD MEMORIES

366 Your first memory:

.....

367 A happy childhood memory:

.....

.....

368 A smell from your childhood:

.....

369 A word that describes your time at school:

.....

370 Who was your favourite teacher?



.....

Why?

.....

.....

371 How would you describe your social class (as a child)?

- ☐ Working class
- ☐ Lower middle class
- ☐ Middle class
- ☐ Upper middle class
- ☐ Upper class

372 How often did you move house during your childhood?

.....

373 Two friends from your childhood:

a. .....

b. .....

 Do you know where they are today?

.....

.....

374 Two important books from your childhood:

a. .....

b. .....

375 The newspaper that your parents read:

.....

376 A TV series that you grew up with:

.....

377 Something you worried about when you were a child:

.....

.....

.....

YOUR FAMILY

378 Who are you closer to: your mother or your father?



379 Who were you closer to as a child?



380 Who do you resemble more?



381 Something that you like about your father:

.....

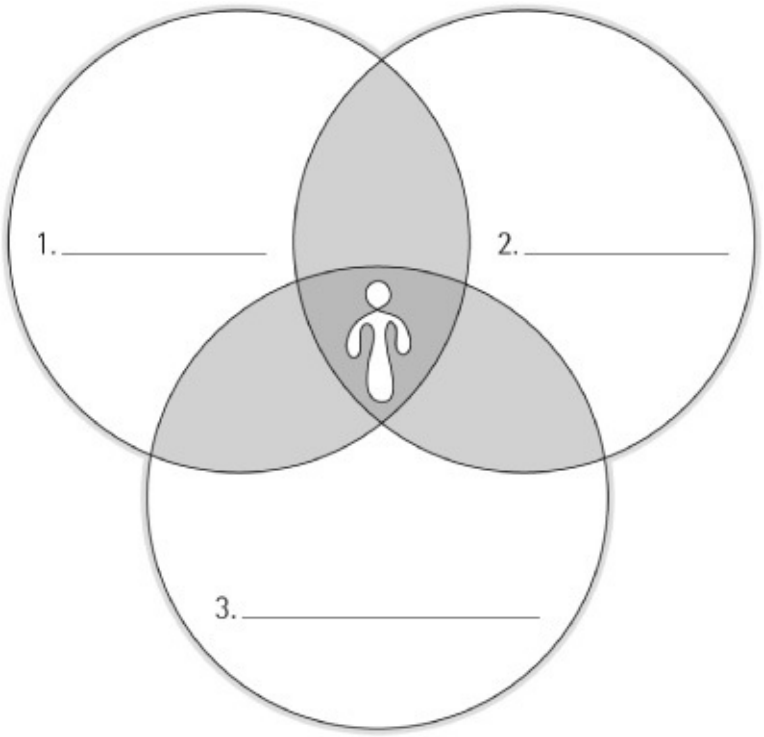
382 Something that irritates you about him:

.....

383 Something that you have inherited from him:

.....

384 Describe your father in three words:



385 How would your father describe you?

.....

.....

.....

386 Something that you like about your mother:

.....

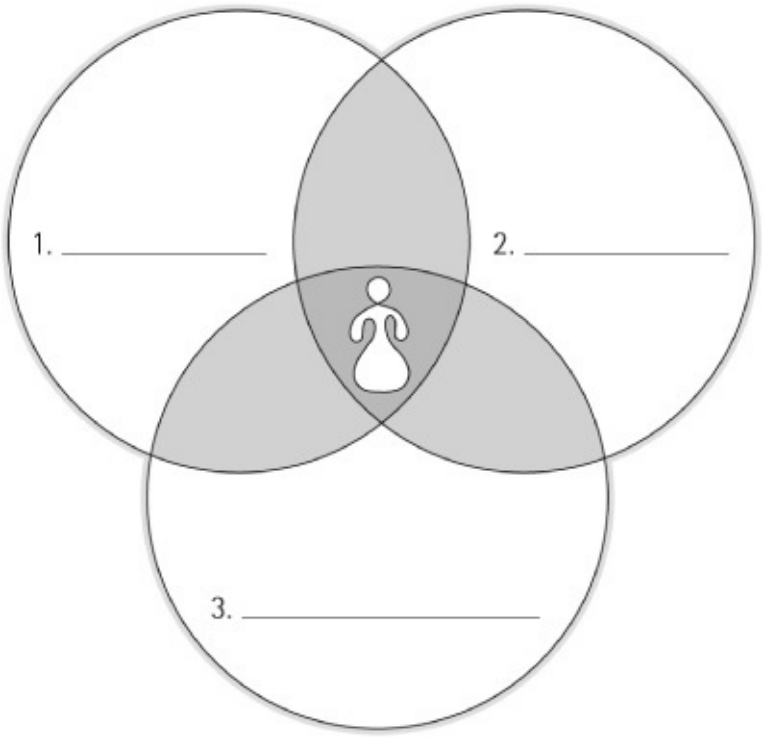
387 Something that irritates you about your mother:

.....

388 Something that you have inherited from her:

.....

389 Describe your mother in three words:



390 How would your mother describe you?

.....

.....

.....

391 Who would you choose as your fantasy parents?

 .....

392 Were or are your parents happy in their relationship?

☐ yes ☐ no

393 What do you admire about your parents?

.....

.....

.....

394 What did your parents do wrong?

.....

.....

.....

395 In what ways do you prefer your family to other families you know?

.....

.....

396 Are your parents still alive?

☐ yes ☐ no ☐ only one parent

☐ If no, is there something you wished you had told them?

father: .....

.....

mother: .....

.....

☐ If yes, how often do you visit your parents?

☐ several times a week
☐ two to five times a month
☐ two to five times a year
☐ other: .....

397 If you grew up in a ‘non-traditional’ family…

☐ What were the advantages?

.....

.....

☐ What were the disadvantages compared to a ‘traditional’ family?

.....

.....

398 Your favourite relative:

☐ when you were younger:

.....

 today:

.....

YOU AND YOUR SIBLINGS

		Sibling A	Sibling B	Sibling C
				
399	In what ways are you alike?			
400	In what ways are you different?			
401	What do you like best about him/her?			
402	What do you envy him/her for?			
403	Favourite sibling:	☐	☐	☐
404	If you weren't related, which sibling/s would you be friends with?	☐	☐	☐

WHAT YOUR PARENTS THINK ABOUT YOU

Ask your mother or father.

If you can’t or don’t want to ask them, then ask yourself: how would my parents answer?

405 Was I a difficult child?

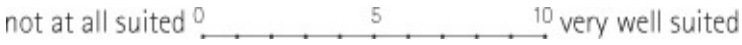
.....

406 What did I love doing as a child?

.....

.....

407 How well suited to my partner am I?



408 Do you worry about me, and if so, what do you worry about?

.....

.....

409 What do you think about what I do for a living?

.....

.....

410 Which of my achievements are you most proud of?

.....

.....

.....

LOVE

411 Do you love your partner?

☐ yes ☐ no

☐ How do you know?

.....

.....

412 Does your partner love you?

☐ yes ☐ no ☐ don't know

☐ How do you know?

.....

.....

413 Do you feel desired by your partner?

☐ yes ☐ no

☐ Do you desire your partner?

☐ yes ☐ no

414 Three things that you value about your partner:

a. .....

b. .....

c. .....

415 Three things that you think your partner values about you:

a. .....

b. .....

c. .....

416 What would you describe as true love?

.....

.....

417 Try and predict: what do you think will be the biggest challenge in your relationship?

.....

.....

418 One of your partner's habits that you have to learn to accept:

.....

419 Do you like your partner's friends?

☐ yes ☐ no

☐  These ones in particular:

.....

☐  These ones not at all:

.....

420 What don't you like about your partner's family?

.....

421 People tend to become more like their parents as they get older. Does this thought bother you in relation to your partner?

☐ yes ☐ no

422 In which situation do you find your partner odd?

.....

423 Do you like yourself when you're around your partner?

.....

424 Which of your weaknesses do you try to hide from your partner?

.....

425 How much do you earn compared to your partner?

☐ more ☐ the same ☐ less

426 Something that you can't discuss with your partner:

.....

.....

427 Would you want your partner to confess to you if he/she had an affair?

☐ yes ☐ no

☐ Do you confess your infidelities?

☐ yes ☐ no

☐ Have you come to an agreement about being unfaithful?

☐ yes ☐ no

☐ Does that mean you have affairs?

☐ yes ☐ no

428 If your partner were to cheat on you, would you prefer it to be with a person who you liked and found attractive, or a person whose appeal you could not understand at all?

☐ attractive ☐ unappealing

429 Is there a quality you wish your partner had?

.....

430 Is there a quality you think your partner wishes you had?

.....

431 What did you give up for the sake of your relationship, and what do you miss most?

.....

.....

432 Can you imagine continuing your relationship if your partner became dependent on you or was radically changed through accident or illness?

☐ yes ☐ no

433 How is your current partner different from your last one?

.....

.....

434 How do you feel when your partner talks about their previous relationships?

.....

435 Which of your ex-partners could you imagine getting back together with?



.....

☐ Which one can you imagine sleeping with again?



.....

436 Three ways in which you and your partner are alike:

a. .....

b. .....

c. .....

437 Three ways in which you are different:

a. .....

b. .....

c. .....

438 Which of the previous two questions was easier to answer?

☐ 436 ☐ 437

439 How often do you and your partner have sex?

.....

440 Have friends more often advised you to split up or stay together?

☐ split up ☐ stay together

441 In your relationships to date, have you usually done the dumping or been dumped?

☐ dumped ☐ been dumped

☐ Why do you think this is?

.....

442 If you are unmarried, would you like to marry?

☐ yes ☐ no

☐ Why?

443 Which couples that you know do you find insufferable?

.....

.....

444 What do you think is the most common myth about love?

.....

.....

445 Are you romantic?

☐ yes ☐ no

☐ Back up your answer:

.....

.....

446 How do you think the western ideal of romantic love is connected to

capitalism?

.....

.....

WHAT YOUR PARTNER THINKS ABOUT YOU

Ask your partner or an ex-partner.

If you don’t want to or can’t ask your partner, then ask yourself: how would your partner answer?

447 What was I like when we first met?

.....
.....
.....

448 What am I like today?

.....
.....
.....

449 Two things that you love about me:

a. .....

b. .....

450 Two things that irritate you about me:

a. .....

b. .....

451 In which situation(s) have you felt alienated from me?

.....
.....
.....

452 Something that you have learned from me:

.....
.....
.....

SINGLE LIFE

453 When and to whom did you last say ‘I love you’?

 To whom?

.....

When?

.....

454 When was the last time you heard the words ‘I love you’?

 From whom?

.....

When?

.....

455 When did you last wish you were in a relationship?

.....

456 When did you last feel happy to be single?

.....

457 Have you ever tried internet dating or using a dating agency (e.g., Guardian Soulmates, match.com, DatingDirect.com)?

☐ yes ☐ no

If yes, how was it?

.....

.....

458 Approximately how many of your friends are single?

.....

459 For how much of your adult life have you been single?

.....

Why do you think this is?

.....

.....

460 Your standard reason for explaining why you are not in a steady relationship:

.....

.....

SEX

461 What type of man/woman normally falls for you?

.....

What's your type?

.....

462 A physical attribute which people often compliment you on:

.....

463 What intellectual attributes do you find attractive?

.....

.....

464 How many sexual partners have you had in your life so far?

☐ 0–5 ☐ 6–10 ☐ 11–20

☐ 21–40 ☐ 41–60 ☐ more than 60

465 Somebody you regret sleeping with:



.....

466 Somebody you regret not sleeping with:



.....

467 An unfulfilled sexual fantasy:

.....

.....

.....

468 A fulfilled fantasy:

.....

.....

.....

469 Somebody who you wanted but didn't get:



.....

470 Somebody who you wanted and got:



.....

471 What are the advantages of monogamy?

.....

.....

.....

What are the disadvantages?

.....

.....

.....

472 Which of your close friends could you imagine sleeping with?



.....



.....

473 Which of your close friends could you imagine being in a relationship with?



.....



.....

474 What aspect of sex do you think is overrated?

.....

.....

475 How good was your sex life in the last three months?



476 What is the longest time you have gone without having sex?

.....

477 How often do you masturbate?

.....

YOUR FRIENDS

478 The friend you have known the longest:



479 Your newest friend:



480 Describe your best friend from when you were a child:

481 How does your best friend today differ from your best friend from childhood:

482 Your youngest friend:



483 Your oldest friend:



484 The last argument you had with a friend:

How did you resolve the argument?

485 Have you ever finished a friendship?

☐ yes ☐ no

Why?

.....

.....

486 Did someone ever finish their friendship with you?

☐ yes ☐ no

Why?

.....

.....

487 When was the last time you were a shoulder to cry on?

.....

.....

Who do you turn to when you need a shoulder to cry on?



.....

Who turns to you?



.....

488 Who is your favourite person to get drunk with?



.....

489 Who is the most intelligent person you know?



.....

490 Do you have a friend who is more important to you than you are to him/her?

- He/she is more important to me:



- I am more important to him/her:



491 Which of your friends do you find attractive?



- Which of your partner’s friends do you find attractive?



492 Whose friendship could you do without?



- Why do you remain friends?

.....

.....

493 Which friend that you have lost touch with do you still think about?



494 Which of your friends do you think knows you best?



- Who do you know best?



495 Have you ever hated someone?

☐ yes ☐ no

If yes, why and for how long?

.....

.....

496 Who do you still need to apologise to?



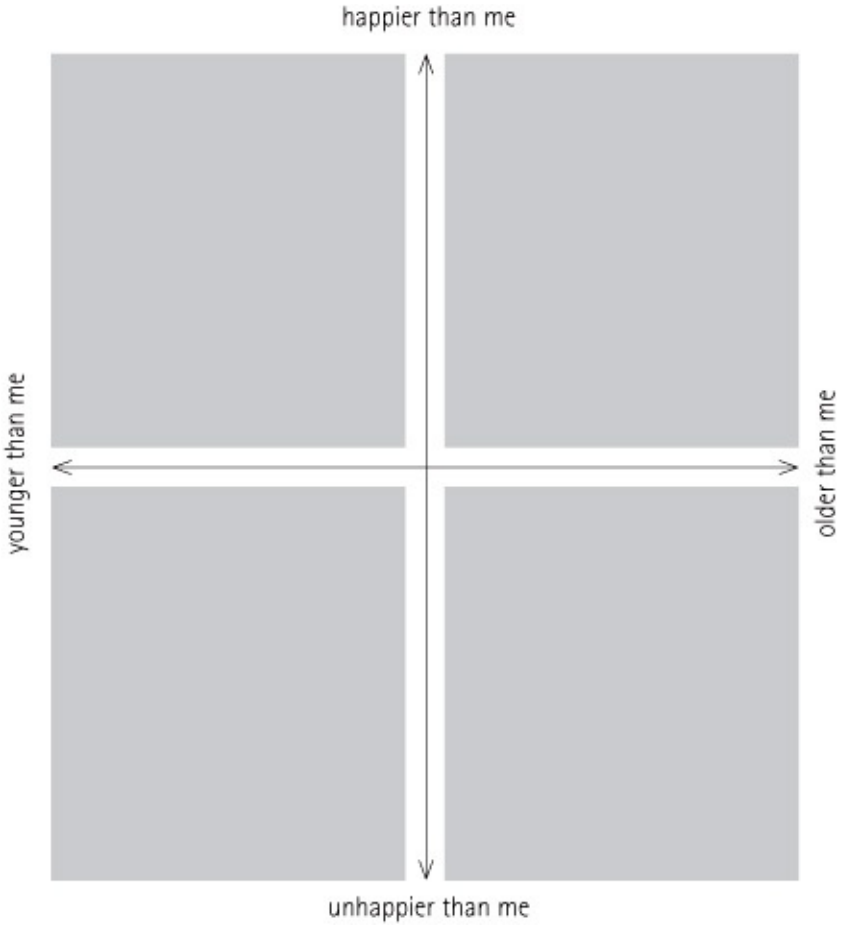
497 Describe a situation in which you felt lonely:

.....

.....

.....

498 Insert the names of five of your friends in the diagram:


happier than me
younger than me
older than me
unhappier than me

WHAT YOUR FRIENDS THINK ABOUT YOU

Ask a friend who knows you well.

If you can’t or don’t want to ask your friend, ask yourself: how would my friend answer?

Name of friend:

.....

499 What am I really good at?

.....

.....

500 What am I bad at?

.....

.....

501 What job would suit me?

.....

502 What do I really need to learn?

.....

503 Describe me in three words:

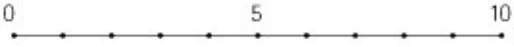
a. .....

b. .....

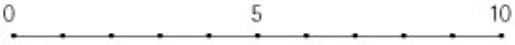
c. .....

504 Size me up:

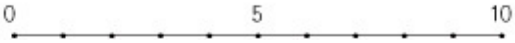
- How brave am I?

cowardly  brave

- How reliable am I?

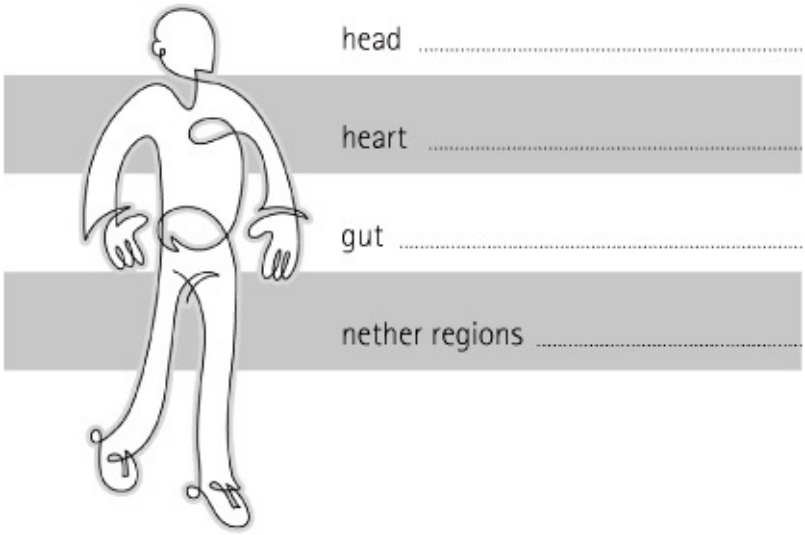
unreliable  reliable

- How happy am I?

unhappy  happy

MAKING DECISIONS

505 What do you listen to most?



506 A typical situation in which you are indecisive:

.....

.....

.....

507 Who do you go to for advice?



.....

☐ A piece of advice this person has given you:

.....

.....

508 Who comes to you for advice?



.....

509 Is there a decision that you've been putting off for a long time?

☐ yes ☐ no

- Why are you unable to make the decision?

.....

.....

510 What was the best decision you made in the last five years?

.....

- What was the worst decision?

.....

511 How often do you stick to your resolutions?

- In your job:

☐ always ☐ often ☐ sometimes ☐ never

- In your relationship:

☐ always ☐ often ☐ sometimes ☐ never

- When it comes to your health:

☐ always ☐ often ☐ sometimes ☐ never

512 Who makes decisions for you?



.....

513 For whom do you make decisions?



.....

THINKING ABOUT HAVING CHILDREN

514 Do you like children?

☐ yes ☐ no

Do children like you?

☐ yes ☐ no

Would you like to have children? How many?

.....

515 What frightens you most about the idea of having your own children?

.....

.....

516 Would you rather have a boy or a girl? Why?

.....

.....

517 Have you ever seen your partner around children?

☐ yes ☐ no

Did you like what you saw?

☐ yes ☐ no

518 Do you know your partner's religious and spiritual convictions?

☐ yes ☐ no

Are you in agreement about how your children should be raised when it comes to this issue?

☐ yes ☐ no

519 Have you discussed who would be the children's primary caregiver?

☐ yes ☐ no

520 Would you adopt children?

☐ yes ☐ no

521 Would you consider having IVF?

☐ yes ☐ no

522 What do you think about people who don't want any children?

.....

.....

523 What are the usual reasons you give for explaining why you don't have children (yet)?:

.....

.....

524 Which parents are role models for you?



.....

.....

525 If you could select your child's future career, what would it be?

.....

.....

BEING A PARENT

526 What are the advantages of having children?

.....

.....

What are the disadvantages?

.....

.....

527 Something you have never dared to do and which you hope your children would do:

.....

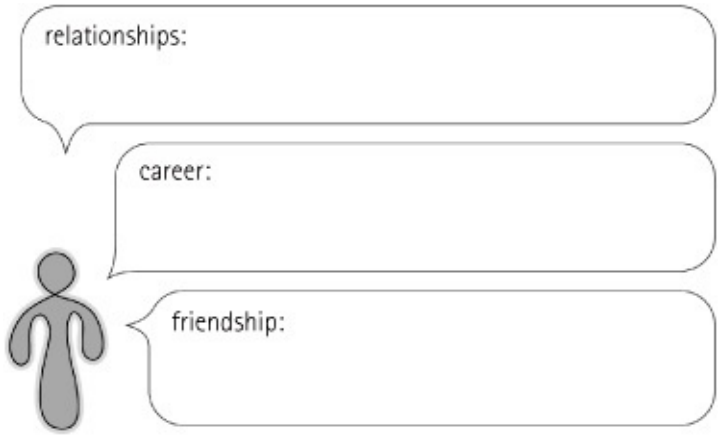
528 Something you have done which you would advise your children against:

.....

529 A piece of advice that you received as a child and which you followed:

.....

530 How would you advise your children when it comes to …



531 What do you wish you had done differently with your children?

.....

.....

532 How have you changed since having children?

.....

.....

533 How has your partner changed?

.....

.....

534 How has your relationship with your partner changed?

.....

.....

535 What do your children think you do for a living?

.....

536 Do you show favouritism towards any of your children?

☐ yes ☐ no

☐ Which one? .....

537 If you are a grandparent, do you think that your children are doing a good job of raising your grandchildren?

☐ yes ☐ no

☐ How does your children's parenting differ from yours?

.....

.....

.....

HAPPINESS

538 What (if anything) is preventing you from being happy?

.....

.....

539 What is your advice to other people looking for happiness?

.....

540 What are you looking forward to?

today: .....

in general: .....

541 What obstacles have you overcome to find happiness?

.....

.....

542 What makes you unhappy?

.....

.....

543 Something that you usually do when you're…

unhappy: .....

happy: .....

544 A person you made happy:


.....

545 A person who made you happy:


.....

546 A moment in which you were blissfully happy:

.....

.....

547 Who is happier?



A QUESTION OF FAITH

548 What do you believe in although you can't prove it?

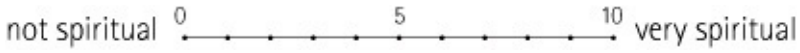
.....

.....

549 A place where you go to recharge your batteries:

.....

550 How spiritual are you?



551 What does it mean to you to be spiritual?

.....

552 What do you think you were in your past life?

.....

553 Something you dreamed about that came true:

.....

.....

554 Do you believe in:

☐ the apocalypse?	☐ yes	☐ no
☐ life after death?	☐ yes	☐ no
☐ fate?	☐ yes	☐ no
☐ the theory of evolution?	☐ yes	☐ no
☐ the self-regulating mechanism of the free market?	☐ yes	☐ no
☐ psychoanalysis?	☐ yes	☐ no
☐ astrology?	☐ yes	☐ no
☐ yourself?	☐ yes	☐ no

555 What is your star sign?

.....

☐ What does it say about you?

.....

Do you agree with it?

☐ yes ☐ no

☐ yes, apart from .....

556 What have you changed your mind about that you believed in ten years ago?

.....

557 What are your main doubts at the moment?

.....

ONLY FOR BELIEVERS

558 How did you find your faith?

.....

.....

559 How often do you pray and in which situations?

.....

.....

560 What is your religion and how do you explain your choice?

.....

.....

561 Describe a situation in which you questioned your faith:

.....

.....

562 What – in concrete terms – do you believe in?

.....

563 Who believes in you?



.....

ONLY FOR NON-BELIEVERS

564 What annoys you about the idea that there might actually be a God?

.....

.....

565 Have you ever been religious?

☐ yes ☐ no

566 What prejudices do you have against religious people?

.....

.....

567 If you had to choose a religion, which one would it be?

.....

568 What do you believe in if not in God?

.....

.....

569 Who believes in you?



.....

FEARS AND ANXIETIES

570 What are you afraid of?

.....

571 What are you no longer afraid of?

.....

572 A frequently recurring nightmare:

.....

573 What illness are you most afraid of?

.....

574 Describe the most dangerous situation you have ever been in:

.....

.....

575 What has been the most difficult stage of your life so far?

.....

☐ How did you overcome it?

.....

☐ Are you afraid that you may experience something similar again?

☐ yes ☐ no

576 Are you afraid of getting older? Why exactly?

.....

☐ Or are you looking forward to it? Why exactly?

.....

577 What do you think old people are better at than young people?

.....

.....

578 Do you live the way you want to? If not, why not?

.....

.....

579 When was the last time you did something for the first time?

.....

.....

YOUR FUTURE

580 What will you be doing ten years from now?

- Best-case scenario:

.....

.....

- Worst-case scenario:

.....

.....

581 Who has an influence on your future?



.....

.....

583 Whose future do you have an influence on?



.....

.....

583 Which goal are you currently most focused on?

.....

.....

- When do you want to have achieved this goal by?

.....

- Will you reach it? ☐ yes ☐ no

584 What new skill would you like to learn?

.....

585 Complete these sentences:

- If I had more time, I would…

.....

.....

- If I had less time, I would…

.....

.....

586 Do you have a life’s ambition?

.....

.....

587 What do you most frequently dream of?

.....

.....

588 Have you ever had your fortune told?

☐ yes ☐ no

- Did anything come true?

☐ yes ☐ no

- If yes, what?

.....

.....

DYING

589 When was the last time you were at a funeral?

.....

590 Do you think about the people in your life who have died? Who do you think about most?



.....

591 Who do you fear may be the next person to die in your circle of friends or relatives?



.....

592 Imagine you are told that you will die in a year's time. Would you change anything about the way you live?

☐ yes ☐ no

☐ What would you change?

.....

593 Imagine you are on your death bed. Is there somebody you would particularly want to talk to?



.....

☐ What would you say to that person?

.....

☐ Why have you not told them this already?

.....

594 What is so important to you that without it your life would not be worth living?

.....

595 Where would you like to be buried?

.....

596 Three words that should be written on your gravestone:



597 Do you believe that suicide is wrong? Why?

.....

.....

598 What will change when you die?

.....

.....

599 What will die if you change?

.....

.....

FINAL QUESTIONS

600 Is this the best time of your life?

☐ If yes, why?

.....

☐ If no, why not?

.....

601 Have you found your place in life?

.....

☐ If yes, where or what is it?

.....

602 Are you a good friend?

☐ yes ☐ no

603 Mark on the line: how deeply in love are you?



604 What are you good at?

.....

.....

605 Are you good at what you want to be good at?

.....

.....

606 Do you want to be good at what you're good at?

.....

.....

607 What do you want to be good at?

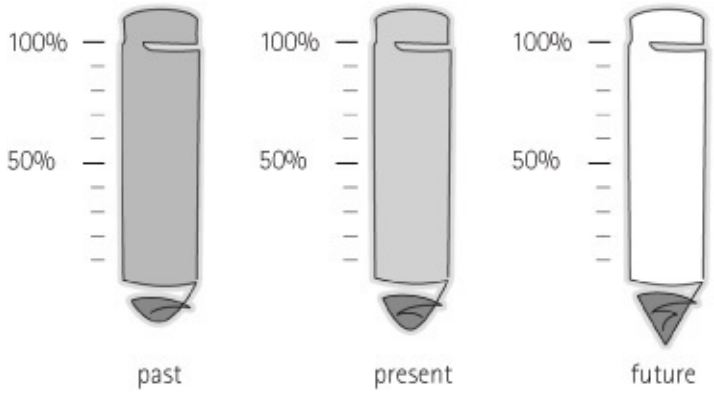
.....

.....

608 How high is your energy level?

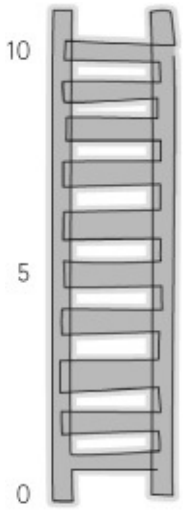


609 As a percentage, how much time do you spend living in the past, in the present, in the future?

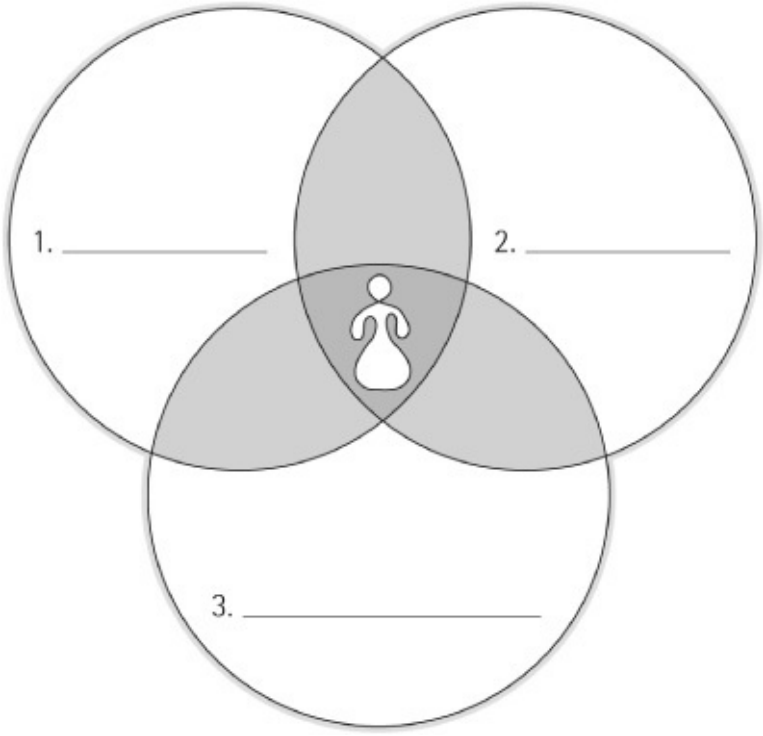


610 Think about your career so far. Mark on the career ladder:

- Where are you now? (A)
- Where do you want to get to? (B)
- What is the highest rung you have reached? (C)



611 Describe yourself in three words:



612 Without worrying about your artistic abilities, draw something that represents you (animal, symbol, number, etc.).

613 What kind of journey are you on?

.....

- Where have you come from?

.....

- Where are you going to?

.....

- Who are you travelling with?



- Who are you leaving behind?



.....

- What awaits you?

.....



614 When did you last cry?

.....

- What about?

.....

615 When was the last time you had a good laugh?

.....

- With whom?



.....

616 What do you ask yourself again and again in life?

.....

- What is your current answer?

.....

YOUR QUESTIONS

STILL GOT QUESTIONS?

The book has come to an end, but it isn’t finished. What questions did you feel were missing? Can you think of other, better questions? Do you think that we didn’t go into enough depth with some subjects? Which questions made the strongest impression on you? Do you have a particularly interesting answer to one of the questions?

If you have any questions or comments, write to us: rt@guzo.ch or mk@kaospilot.dk.

On the internet you’ll find more great questions at: fragebuch.ch. You will also find videos of (famous) people answering questions for *The Question Book*.

You can find a version of this book for your iPhone/iPad in the iTunes App Store.

THANKS

This book could not have been written without the generous help of many people.

The book was read and tested by: Simon Baumann, Dr. Eugen Häni, Marlène Iseli, Miriam Lenz, Jörg Scholz, Solveig Scholz; the most intelligent questions were asked by: Daniel Häni, Michael Krobath, Rebecca Lämmle, Franziska Schutzbach; the initial ideas came from: Andrea Schmidt; the best ideas came from: Annamateur, Dag Grödal, Facebook, Ondine Riesen; unsparing criticism was given by: Senem Wicki; clichés were removed by: Kenneth Domfe; stupid mistakes were prevented by: Andreas “Becks” Dietrich; we were inspired by: Mihaly Csikszentmihalyi, Lilli Binzegger, Rolf Dobelli, Max Frisch, Penelope Frohart, Philipp Keel, Thomas Meyer, Gary Poole, Marcel Proust, Gregory Stock. The layout was designed by Anna Meyer and the book was made possible, corrected and improved by Laura Clemens and Peter Haag (K&A). The questions got their final touch by Lisa Owens, Profile.

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AUTHORS

Mikael Krogerus

Five films that are important to you:

The Rescuers, Audition, In the Mood for Love, Festen, Miller's Crossing

Five books that you love:

Okänd Soldat, Väinö Linna; *Blood Meridian*, Cormac McCarthy; *Money*, Martin Amis; *Embers*, Sándor Márai; *Stuff White People Like*, Christian Lander

Five types of people that annoy you:

Resentful, selfish, ambitious, insecure, humourless

Roman Tschäppeler

Five music albums that are important to you:

Back in Black, AC/DC; *Engelberg*, Stephan Eicher; *Just Like You*, Keb'Mo'; *Life on Planet Groove*, Maceo Parker; *Listen*, Urban Species

Five brands you like to buy:

Interio (only the Prologue notebooks), WE, PostFinance, Apple, Haribo

Five things you like to talk about at the moment:

Good ideas, infographics, stand-up comedy, my friends' music, recipes

Right now:

Something that makes you happy:



Something that makes you sad:



Something you have recently learned:

