

PICTURE THIS:

A Guide to Using Photos to Support Veterans with Dementia

SAMPLE QUESTIONS APPENDIX

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This appendix includes helpful questions to guide conversations with Veterans during photo sessions. The prompts are grouped by theme, such as family, hobbies, or military service. Each theme offers three kinds of prompts: Memory Recall, Five Senses, and Emotional Connection. This is an appendix of additional sample questions for the Picture This: A Guide to Using Photos to Support Veterans with Dementia. The full guide can be downloaded for free at <https://www.mirecc.va.gov/visn16/picture-this-guide.asp>

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You can choose questions that feel natural and adjust them,
based on how the Veteran responds.

Nature & Outdoors

Memory Recall

1. What is an outdoor place you remember from childhood?
2. Can you describe a park your family used to visit?
3. What outdoor games did you play when you were a child?
4. Tell me about a time you spent near a river or lake.
5. Can you recall planting something or taking care of nature?
6. What do you remember about a long walk or hike you once took?
7. What stands out to you from a time you went camping?
8. Can you share a favorite outdoor memory with a friend or loved one?
9. What was it like to watch a sunrise or sunset outside?
10. Have you been somewhere in nature that felt peaceful?

Five Senses

1. What sounds do you imagine in this scene?
2. How does the air feel in a place like this?
3. What plants or flowers come to mind when you see this image?
4. How would you describe the smell of the grass or trees here?
5. What does it feel like to sit quietly under a tree like this?
6. What natural sounds do you think you would hear here?
7. What season does this place remind you of?
8. What comes to mind when you imagine touching the water in this scene?
9. How would it feel to walk barefoot along this path?
10. What would you bring if you were visiting this place?

Emotional Connection

1. How does this place make you feel?
2. Whom would you want to share this place with?
3. Can you describe a moment in nature that brought you peace?
4. What's a happy outdoor memory that stands out to you?
5. What kind of weather do you enjoy spending time in?
6. What would you do if you could spend a full day in this place?
7. Does this remind you of a trip or vacation you've taken?
8. What outdoor activity brings you a sense of joy?
9. Did you have a favorite quiet spot in nature growing up?
10. What outdoor memory always brings a smile to your face?

Family & Social Gatherings

Memory Recall

1. Whom in your family used to host get-togethers?
2. How did your family celebrate birthdays when you were growing up?
3. What holiday traditions do you remember most clearly?
4. How did your family mark big milestones or special events?
5. Who made you laugh the most during family gatherings?
6. What is one family reunion or big event that stands out in your memory?
7. What kinds of games or activities do you remember from those events?
8. Can you share a surprise that happened at a family gathering?
9. Who usually did the cooking for special occasions?
10. What's one celebration you would love to experience again?

Five Senses

1. What smells do you remember from family dinners or celebrations?
2. What sounds come to mind when you think of everyone gathering together?
3. What did the decorations look like at family events?
4. Can you describe the feeling of holding hands during a family prayer or tradition?
5. What music reminds you of time spent with family?
6. How would you describe the taste of your favorite family dish?
7. What sounds do you remember from those gatherings?
8. What do you remember about the lighting or table settings?
9. How did it feel to receive a hug from a family member during those times?
10. What textures do you recall, like tablecloths, chairs, or dishes?

Emotional Connection

1. How did it feel when your whole family came together?
2. What brought you the most joy during family gatherings?
3. Who made you feel especially loved at these events?
4. What family tradition did you always look forward to?
5. Whom would you bring back to share another celebration with, if you could?
6. What's a happy memory from a gathering that still makes you smile?
7. What made you feel proud of your family during those times?
8. What do you miss most about celebrating with family?
9. Who loved telling stories at family events?
10. What helped you feel most connected to your family?

Military Service

Memory Recall

1. What do you remember about the day you joined the military?
2. Can you describe someone who felt like a close companion during your service?
3. What stands out in your memory about your first day in uniform?
4. What was daily life like where you were stationed?
5. Can you share a mission or task that still feels vivid in your memory?
6. What do you remember about your drill instructor's personality or presence?
7. What moments challenged you the most during your time in service?
8. What kind of relationships did you build with people in your unit?
9. Can you recall a time you and your group shared a laugh or light moment?
10. What experience during your service made you feel proud of yourself?

Five Senses

1. What sounds do you associate with training or being on base?
2. How did your uniform feel when you wore it each day?
3. What kinds of smells do you remember from places like the barracks or field?
4. Can you describe the feeling of holding your equipment?
5. What did meals taste like during your time in the service?
6. What kinds of scenery or landscapes do you remember seeing?
7. What did it sound like when you spent quiet time with your fellow servicemembers?
8. What types of weather made the strongest impression on you during service?
9. What sensations do you recall from standing in formation?
10. What do you hear in your memory when you picture marching in your boots?

Emotional Connection

1. What emotions did you feel when you first stepped into uniform?
2. What parts of your service gave you a strong sense of pride?
3. What helped you stay grounded during hard times in the military?
4. What made you feel connected to home while you were away?
5. How did returning home affect you emotionally or spiritually?
6. What memory of friendship or support sticks with you from your service?
7. What accomplishment during your service do you still hold close?
8. Is there a moment from your time in uniform that you often revisit in your mind?
9. What personal values or beliefs did you carry forward from your service?
10. How did your time in the military shape your sense of purpose or belonging?

Hobbies & Daily Activities

Memory Recall

1. What hobby or activity brought you the most joy growing up?
2. Can you describe something you looked forward to doing each day?
3. Tell me about a project or craft you were proud to work on.
4. Whom did you enjoy spending time with while doing these activities?
5. What kinds of things did you enjoy doing outside of school or work?
6. What's something you remember building, fixing, or making with your hands?
7. How did you usually spend your evenings or weekends?
8. What helped you unwind after a long day?
9. Did you ever teach someone how to do something you enjoyed?
10. Is there something you always wanted to try but never got the chance?

Five Senses

1. What did your tools or materials feel like in your hands?
2. Do you remember any specific smells while doing your hobby?
3. What kinds of sounds do you associate with that activity?
4. Can you describe how your finished work felt?
5. What emotions did you feel when you finished a project?
6. What familiar scents come to mind when you think about this activity?
7. How did it feel to hold the items you used most often?
8. What did your workspace or favorite setup look like?
9. What stands out visually about the things you made?
10. What kinds of reactions do you remember from others who saw or enjoyed your work?

Emotional Connection

1. How did it feel to spend time doing something just for yourself?
2. What was the most satisfying part of the activity for you?
3. Who first introduced you to this hobby, and how did it influence you?
4. In what ways did it help you feel calm, focused, or creative?
5. Is there a memory tied to this activity that still makes you smile?
6. How did this hobby allow you to connect with others or bring them joy?
7. What did your daily routines or rituals mean to you at the time?
8. When you think back on these moments, what emotions come up?
9. What made you feel proud of what you created or accomplished?
10. What's one activity you'd return to in a heartbeat if you could?

Travel & Favorite Places

Memory Recall

1. What's the first trip you remember taking?
2. Who was someone you enjoyed traveling with?
3. What type of transportation did you use most on your travels?
4. What's a destination that stands out in your memory?
5. What's the longest journey you've been on?
6. Where did your family like to go on vacation?
7. What's a place you always wanted to visit?
8. What do you remember about seeing a landmark during your travels?
9. Tell me about a road trip you've taken.
10. What's an unexpected moment you experienced while traveling?

Five Senses

1. What sounds come to mind when you think about traveling?
2. How did the weather feel during one of your favorite trips?
3. What food do you remember from a place you visited?
4. How did the air feel in a new place you traveled to?
5. What's a view that took your breath away?
6. What smells remind you of a trip you took?
7. What did the place you stayed in look like inside?
8. How did the ground feel beneath your feet in a memorable location?
9. What voices or sounds do you remember from that trip?
10. What did a souvenir from your travels feel like in your hands?

Emotional Connection

1. How did you feel when you traveled to new places?
2. What's a place that felt comforting or familiar?
3. What trip helped you feel closer to someone you traveled with?
4. What destination brought you a sense of peace?
5. What's a place you wish you could return to?
6. What travel memory still makes you smile?
7. What's a moment during a trip that made you feel proud?
8. What memory from a trip still feels magical?
9. How did travel help you feel more connected to others?
10. What's a travel experience that changed how you see the world?

Childhood Memories

Memory Recall

1. What is the earliest memory you can recall?
2. What game did you enjoy playing most as a child?
3. Who was your closest friend when you were growing up?
4. What toy or object did you love spending time with as a child?
5. How would you describe your childhood bedroom?
6. What subject in school did you enjoy the most?
7. What's a family outing that stands out in your memory?
8. What's a funny or silly moment you remember from childhood?
9. What do you remember about your pet?
10. What's something you did as a kid that always made you smile?

Five Senses

1. What did your favorite childhood meal taste like?
2. What sounds do you remember from recess at school?
3. What smells bring back memories of your childhood?
4. What did your school supplies feel like in your hands?
5. What textures do you remember from a favorite blanket or toy?
6. What sounds do you recall from your neighborhood growing up?
7. How did it feel to swing or run barefoot outside?
8. What did your classroom or a new book smell like?
9. What was your favorite outdoor activity as a child?
10. What sound meant the school day was over for you?

Emotional Connection

1. What's a childhood memory that still brings you happiness?
2. What's something you created or accomplished that made you feel proud as a child?
3. Who made you feel safe and loved while growing up?
4. What do you miss most about being a kid?
5. What brought you joy during childhood holidays?
6. What's something magical or imaginative you believed in as a child?
7. Did you have a special place where you liked to spend time?
8. Who did you admire most when you were young?
9. What lesson from your childhood has stayed with you?
10. In what ways did your childhood shape who you are today?

Special Life Events (e.g., Weddings, Birthdays, Anniversaries)

Memory Recall

1. What is the most memorable birthday you've ever had?
2. What do you remember about your wedding day or a wedding you attended?
3. What stands out about a favorite anniversary celebration?
4. What traditions did your family follow to mark big milestones?
5. What birthday gift brought you a lot of joy?
6. Who planned a celebration for you that you'll never forget?
7. What unexpected or fun moment happened at a special celebration?
8. Who do you remember being there during one of your most meaningful events?
9. What speech or toast do you still remember from a celebration?
10. What is the first special event you remember celebrating as a child?

Five Senses

1. What did the decorations look like at a celebration that meant a lot to you?
2. What sounds do you remember from that event?
3. What did your outfit feel like during that special occasion?
4. What did the cake taste like at a celebration you remember fondly?
5. What smells remind you of a meaningful event?
6. What did it feel like to hold hands during a ceremony or toast?
7. What do you picture when you think of the lights or colors from that event?
8. What textures do you remember from invitations, keepsakes, or decorations?
9. What sounds stayed with you?
10. What was the atmosphere in the room like during that celebration?

Emotional Connection

1. How did it feel to see everyone gathered to celebrate you?
2. What brought you joy during a wedding?
3. When did you feel especially loved or proud during a special event?
4. Who played an important role in making that event meaningful for you?
5. What tradition from a celebration still brings a smile to your face?
6. What was the most emotional moment you experienced during one of these events?
7. If you could relive one big celebration, which one would you choose?
8. What are you most thankful for when you think about that moment?
9. How did that celebration bring people closer together?
10. What memory from a special event do you treasure most?

Pets & Animals

Memory Recall

1. Tell me about a pet you had when you were younger.
2. What do you remember about the first animal you cared for?
3. What was it like visiting a zoo or farm when you were a child?
4. Can you describe someone in your life who really loved animals?
5. What's a funny memory you have involving an animal?
6. What do you remember about teaching your pet something new?
7. Can you share a moment you spent with an animal that stayed with you?
8. What's a time you and a pet went somewhere together?
9. Have you ever interacted with an animal when it felt unusual or surprising?
10. What do you remember about bonding with an animal?

Five Senses

1. What did it feel like to pet or hold an animal you loved?
2. What sounds come to mind when you think of your pet?
3. What scents do you associate with caring for an animal?
4. What objects or tools do you remember handling while caring for a pet?
5. What did your pet's favorite place or toy look like?
6. What sounds made you feel your pet was near, even before you saw them?
7. What textures do you remember from feeding or grooming an animal?
8. How did it feel to sit with your pet after a long day?
9. What colors or markings stand out in your memory of a pet?
10. What details do you remember about the places you spent time with animals?

Emotional Connection

1. How did being with an animal make you feel?
2. Can you describe a time you felt especially close to a pet?
3. How did your mood change when you were around animals?
4. What made a particular animal feel special to you?
5. Who else shared a strong connection with this pet?
6. What's something your pet did that always made you laugh or smile?
7. When you were upset, how did your pet help you feel better?
8. What memory involving an animal brings you joy now?
9. What kind of animal would you love to spend time with today?
10. What did your relationship with a pet teach you about connection?

Work & Career

Memory Recall

1. Tell me about your very first job. What do you remember from your first day?
2. What was a job that brought you the most joy?
3. Who is a coworker who left a lasting impression on you?
4. Can you describe a major challenge you faced during your working years?
5. What is an accomplishment from your career that made you feel proud?
6. What's an unexpected story from your time at work?
7. How would you describe the atmosphere of your workplace?
8. Can you recall a time you were recognized or celebrated at work?
9. What kinds of tools did you work with most often?
10. Have you ever taught someone through your work?

Five Senses

1. What sounds filled your workplace during a typical day?
2. What scents do you associate with your job?
3. What did the tools you used feel like in your hands?
4. How did your uniform feel when you put them on?
5. Can you picture your workspace and the items you used regularly?
6. What did it feel like to finish a task or hold something you helped create?
7. How would you describe the environment of your workspace?
8. What sensations do you remember from your daily commute?
9. What were the most distinct sounds you remember from your job?
10. What textures were a regular part of your workday?

Emotional Connection

1. How did it feel to begin your working life?
2. What moments from your career made you feel especially fulfilled?
3. Was there someone at work who always lifted your spirits?
4. What memory from work still makes you smile or laugh?
5. When did you feel most connected to your team?
6. What is a lesson or skill from work that stayed with you?
7. What aspects of your daily work did you genuinely enjoy?
8. When did you feel proud of how you contributed at work?
9. What were your emotions when you stepped away from your job for the last time?
10. Is there a part of your old job you'd love to experience again?

Music & Entertainment

Memory Recall

1. What is the first song you remember from childhood?
2. Who was a musician that had a strong influence on you?
3. Did you ever play an instrument or sing in a group?
4. What concert stands out in your memory?
5. What was the first music recording you owned?
6. What music did your family enjoy together?
7. What kind of entertainment did you enjoy most growing up?
8. Tell me about a time when you went dancing.
9. What movie always made you smile?
10. What book do you remember vividly from your youth?

Five Senses

1. What sounds remind you of live music performances?
2. What did it feel like to play a musical instrument?
3. What visual details do you remember from performances?
4. What did your favorite records or tapes look like?
5. What setting comes to mind when you think of watching a movie?
6. What smells do you associate with theaters?
7. What songs do you still feel in your body?
8. What was it like to sit quietly and listen to a story?
9. What did old music programs feel like in your hands?
10. What background sounds made a performance memorable?

Emotional Connection

1. What song brings back a strong memory?
2. How did you feel when you heard a favorite song unexpectedly?
3. Who did you share music or stories with growing up?
4. What performance deeply moved you?
5. What music made you feel excited or alive?
6. When has music helped you through something hard?
7. What show or song always lifted your mood?
8. How did it feel to perform or dance to music you loved?
9. What performance would you love to relive?
10. What music still gives you a sense of inspiration?

Sports & Recreation

Memory Recall

1. What is the first sport you remember playing?
2. Who taught you how to play a sport you enjoyed?
3. Which athlete did you admire as a child?
4. What is a game you watched that left a strong impression on you?
5. What moment stands out from playing sports in school?
6. What sports accomplishment made you feel proud?
7. What recreational activity did you enjoy most growing up?
8. Who was a teammate you really connected with?
9. What position or role did you usually play in sports?
10. What is a funny or surprising moment you remember from a sports event?

Five Senses

1. What did your sports equipment feel like in your hands?
2. What sounds do you remember from games or practices?
3. What smells bring back memories of the places you played?
4. What did your gear feel like when you put it on?
5. What do you remember seeing around you during a match?
6. What textures stand out from the surfaces you played on?
7. What did the air feel like during your favorite outdoor games?
8. What background sounds bring you back to the playing field?
9. What tastes do you associate with celebrating after a game?
10. How did it feel in your body after a hard-fought match?

Emotional Connection

1. What did being part of a team mean to you?
2. What moment in sports made you feel deeply proud?
3. Who encouraged you the most in your sports or recreational life?
4. What memory from sports fills you with excitement?
5. How did it feel to reach a goal you worked hard for?
6. What did you love most about being active outdoors?
7. What made one coach stand out in your memory?
8. What game would you love to relive today?
9. How did playing sports bring you closer to others?
10. What sports memory never fails to make you smile?

Food & Cooking

Memory Recall

1. What is the first meal you remember cooking from start to finish?
2. Who taught you how to cook when you were growing up?
3. What was a dish you loved eating as a child?
4. What is a special dish your family made for important occasions?
5. Where did you go for a meal that became a favorite memory?
6. Whom did you enjoy sharing meals with the most?
7. What food did you help prepare during your childhood?
8. What is a food you remember trying for the first time that surprised you?
9. What dessert did you look forward to having when you were younger?
10. What is a family recipe you've passed on or still remember clearly?

Five Senses

1. What smells from the kitchen do you still remember vividly?
2. What did it feel like to chop vegetables?
3. What sounds do you associate with being in the kitchen?
4. What did your favorite dish taste like when you ate it slowly?
5. What textures do you remember seeing on your plate?
6. What did the tools you used while cooking feel like in your hands?
7. What sounds do you remember during family meals?
8. What did the kitchen in your childhood home look like?
9. What textures do you remember from your favorite foods?
10. What did you hear when it was time for dinner to be served?

Emotional Connection

1. What feelings come back when you think about sharing a meal with loved ones?
2. What meal brought you the most comfort during a difficult time?
3. When did cooking help you feel calm or creative?
4. What is a food memory that always brings a smile to your face?
5. Who made cooking feel joyful or meaningful for you?
6. How did preparing meals help you feel connected to your culture or family?
7. What food would you love to taste again if you could?
8. When were you proud of a dish you prepared?
9. What moment in the kitchen felt the most special to you?
10. What food memory feels like home when you think about it?

Holidays & Traditions

Memory Recall

1. What was your favorite holiday as a child?
2. Who in your family got the most excited about holiday celebrations?
3. What is the most memorable holiday gathering you've attended?
4. What was a special tradition your family practiced that meant a lot to you?
5. What holiday food or treat did you always look forward to?
6. What is the best gift you ever gave or received during a holiday?
7. What kinds of holiday celebrations did your neighborhood have?
8. How did you celebrate a holiday differently as you got older?
9. What do you remember most about decorating for holidays?
10. What is a tradition you hope others will carry forward?

Five Senses

1. What holiday smells do you still remember from childhood?
2. What holiday decorations do you picture clearly in your memory?
3. What sounds or music remind you of the holidays?
4. What did it feel like to unwrap a gift or hang up decorations?
5. What holiday dish or drink had a taste you'll never forget?
6. What colors do you remember most from your favorite holidays?
7. What sounds filled your home during holiday celebrations?
8. What textures do you remember touching during holiday preparations?
9. What did the air feel like during winter or summer holiday seasons?
10. What sensations remind you of being surrounded by holiday joy?

Emotional Connection

1. How did holidays make you feel when you were growing up?
2. What holiday memory still fills you with happiness?
3. Who made the holidays feel meaningful in your life?
4. What did you enjoy most about spending holidays with loved ones?
5. What tradition helped you feel thankful during the holidays?
6. What feeling did you get when you saw the first decorations each year?
7. What moment during a holiday made you laugh and feel joyful?
8. What is a holiday memory that felt especially heartwarming?
9. How did your family or community come together during holidays?
10. What tradition would you love to experience again?

Friendships & Relationships

Memory Recall

1. Who was your very first best friend, and how did you meet?
2. What is a favorite memory you have with a close friend?
3. What kinds of things did you do regularly with your group of friends?
4. Who in your life always made you laugh?
5. What is the kindest thing a friend ever did for you?
6. Did you ever keep in touch with someone through letters?
7. What is a funny or surprising adventure you went on with a friend?
8. Who was a role model you admired in your relationships?
9. What is a memory of someone you cared about deeply?
10. What tradition did you and a friend always look forward to?

Five Senses

11. What did the sound of your friends laughing together feel like?
12. What do you remember about the places you and your friends spent time in?
13. What smells remind you of time spent with friends?
14. What styles did you and your friends wear during special times?
15. What did the letters, cards, or notes you exchanged feel like?
16. What sounds do you associate with your closest friendships?
17. What textures do you remember from gifts or keepsakes shared with friends?
18. What foods remind you of time spent with a close friend?
19. What did it feel like to sit with a close friend nearby?
20. What do you picture when you think of the spaces where you bonded?

Emotional Connection

21. How did spending time with your friends make you feel?
22. What is a memory of a friend that always makes you smile?
23. What is a moment when you realized how important someone was to you?
24. How did your friendships change or grow over the years?
25. What qualities did you appreciate most in your friends?
26. How did it feel to introduce a friend to your family?
27. What is a time when a friend's support made a big difference for you?
28. What is a celebration you'll never forget sharing with a friend?
29. How did your friendships help you get through difficult times?
30. Who was the person you felt closest to, and what made that relationship special?

Vehicles & Transportation

Memory Recall

1. What was the first car you ever drove?
2. How did you learn to drive?
3. What stands out about your first road trip?
4. What kind of vehicle did your family own that felt especially memorable?
5. What form of travel did you enjoy the most when you were younger?
6. What do you remember about riding public transportation?
7. What was the longest trip you ever took in a car?
8. Did you ever work on or fix a car yourself?
9. What's a travel experience that made you laugh or surprised you?
10. What's the most interesting vehicle you've ever been in?

Five Senses

1. What did it sound like when you started the engine of your first car?
2. What do you remember from holding the steering wheel?
3. What smells come to mind when you think of driving a car?
4. What views do you remember from looking out the window on a favorite drive?
5. What did it feel like to ride with the wind in your face or the sun shining in?
6. What sounds do you associate with being on the road or in traffic?
7. What textures do you remember from the seats of your vehicle?
8. What did the dashboard lights look like in a car you remember?
9. What do you recall from riding a train?
10. What do you remember about the smells during a road trip?

Emotional Connection

1. How did you feel the first time you got your license or learned to drive?
2. What is a trip that you would love to take again?
3. Who made traveling especially meaningful for you?
4. How did traveling make you feel about independence or adventure?
5. What memory involving a vehicle always makes you smile?
6. How did it feel to finally arrive somewhere after a long trip?
7. What is a time when a trip brought your family closer together?
8. What travel experience have you always wanted to try?
9. What's a story from a trip that you will never forget?
10. How has travel helped you feel connected to the world around you?

Home & Neighborhood

Memory Recall

1. What did your childhood home look like?
2. What do you remember about the first home you lived in as an adult?
3. Who were your closest neighbors, and what stood out about them?
4. What was your favorite room or spot in your home?
5. What do you remember about your family's garden?
6. What views do you remember seeing from your windows?
7. What was your experience like helping decorate a home?
8. What was the street like where you grew up?
9. What celebrations do you remember happening at home?
10. What made one of the places you lived feel especially memorable?

Five Senses

1. What textures do you remember from the walls in your home?
2. What smells come to mind when you think about home?
3. What sounds do you associate with your home environment?
4. What sensations do you remember from the temperature in different seasons at home?
5. What colors stood out in a room you loved?
6. What details do you remember about your front door?
7. What did your favorite chair feel like?
8. What outdoor sounds do you remember hearing around your home?
9. What scents do you remember from your garden?
10. What did the sunlight through the windows feel like?

Emotional Connection

1. How did your home make you feel when you were growing up?
2. What is one thing you miss most about a place you used to live?
3. Who made your home feel special?
4. What is a favorite memory you shared with family at home?
5. How did your neighborhood help you feel part of a community?
6. What event in your neighborhood left a strong impression on you?
7. What memory of home brings you a sense of joy or peace?
8. What routines made your home feel unique?
9. How did it feel when you first moved into a new place?
10. What memory from your neighborhood makes you feel nostalgic?

School & Education

Memory Recall

1. What do you remember about your first day of school?
2. Who was a teacher you admired?
3. What subject did you enjoy most in school?
4. What was a project you were proud of?
5. Who were your closest friends in school?
6. What did your school building look like?
7. What activity outside class did you enjoy most?
8. What is a school moment that still makes you laugh?
9. What memory stands out from a graduation or big school event?
10. What is something useful you learned in school?

Five Senses

11. What did the desks or chalkboards feel like?
12. What sounds do you remember from your school days?
13. What smells come to mind from your school cafeteria?
14. What textures do you remember from school supplies or clothing?
15. What decorations or artwork do you remember seeing in your classroom?
16. What did the playground equipment feel like?
17. What did your favorite school lunch or snack taste like?
18. What did the room feel like during a school assembly?
19. What sounds filled your classroom during lessons?
20. What did it feel like to carry your school bag each day?

Emotional Connection

21. How did it feel to learn something new?
22. What is a moment from school that made you proud?
23. Who encouraged you during your education?
24. What is a memory from school that brings you joy?
25. How did it feel to work with others on a project?
26. What made you look forward to going to school?
27. Who motivated you to do your best?
28. What do you miss most about school?
29. How did school shape the person you are today?
30. What is a memory from school that brings you comfort?

Technology & Innovations

Memory Recall

1. What was the first piece of technology you remember using?
2. What do you remember about getting your first television or computer?
3. What invention amazed you when it first came out?
4. Who in your family was most interested in new technology?
5. What was it like to learn how to use a new device?
6. What was the first phone or communication device you owned?
7. What major innovation or breakthrough do you remember witnessing?
8. What machine or tool made your daily life easier?
9. What piece of technology do you wish you had had earlier in life?
10. What's a funny or frustrating moment you had with new technology?

Five Senses

11. What did the buttons or switches on older devices feel like?
12. What sounds do you associate with older machines or tools?
13. What did early electronics or devices look like?
14. What smells come to mind when you think about older technology?
15. What did the cords or casings of devices feel like in your hands?
16. What did the glow of an early screen or television look like?
17. What textures do you remember from items like records or floppy disks?
18. What sounds did you hear while using older machines?
19. What did it feel like to carry a portable device for the first time?
20. What did your home or workspace look like when it was filled with technology?

Emotional Connection

21. How did you feel the first time you used new technology?
22. What is a time when technology helped you feel connected?
23. Who helped you learn how to use a new device?
24. What is a device that made your life more enjoyable?
25. What is a moment when a tool or invention helped you feel more independent?
26. What is a memory of technology making something possible you didn't expect?
27. How did you feel the first time you listened to music on a new device?
28. What is a moment when technology brought your family closer together?
29. What innovation still amazes you today?
30. What device would you want to experience being introduced all over again?

Family & Ancestry

Memory Recall

1. Who in your family told the best stories about the past?
2. What do you remember about family gatherings or reunions?
3. What traditions or customs did your family practice?
4. Who in your family inspired you the most, and why?
5. What is a memory you have of your grandparents or older relatives?
6. What is a skill you learned from someone in your family?
7. What stories did your family share about their heritage?
8. What is a meaningful keepsake in your family?
9. What was mealtime like in your family when you were growing up?
10. What part of your family history makes you feel proud?

Five Senses

11. What smells remind you of home life?
12. What did your childhood home look like?
13. What sounds do you associate with your family?
14. What did old family photo albums feel like?
15. What colors do you associate with your family?
16. What did it feel like to walk through your family's yard?
17. What tastes do you associate with family meals?
18. What did it feel like to hold hands with your loved ones?
19. What did familiar places like your family's kitchen smell like?
20. What sounds remind you of daily life in your home growing up?

Emotional Connection

21. How did your family make you feel supported or loved?
22. What is a memory of a family member that brings you joy?
23. Who in your family left a lasting impression on you?
24. What is one way your family celebrated special moments?
25. What was your favorite way to spend time with relatives?
26. How did your family's traditions influence the person you are today?
27. What is a moment when you felt especially close to your family?
28. Who in your family helped you during hard times?
29. What is a story from your family that still makes you laugh?
30. What would you do if you could spend 1 more day with a family member?



Veterans Crisis Line

Phone: 988, then press 1

Text: 838255

Online Chat: www.veteranscrisisline.net