

Conversation prompt cards (cut out, pocket-sized)

For chair-time with whoever's there with you. *Cut along the dashed lines. Keep a small stack in your bag.*

CARDS

MEMORY

What's a memory from your childhood you've never told me about?

FUTURE

If we could move anywhere right now, where would it be?

YOUNGER YOU

What were you afraid of at twenty-five? What are you afraid of now?

FREE DAY

If you had a completely free Saturday, what would you do?

MISSING

Who do you miss?

FIRST

What's the first thing you remember being proud of?

TRADITION

What family tradition do you want to keep? What would you change?

OBJECT

What object in our house has the best story?

DECISION

What's a decision that turned out better than you expected?

PERSON

Who has changed how you see the world?

PLACE

What's a place you'd like to revisit, and why?

QUESTION

What's something you've always wanted to ask me?

This sheet is for inspiration only. Always consult your medical team for guidance specific to your situation. Inspired Comforts is not a medical provider.

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