

# THE INFLUENCE OF CHILDHOOD EXPERIENCES

1. How do you think the environment in which you were raised influenced your personality traits and your approach to relationships and challenges as an adult?
2. How do you perceive the role of early education and schooling in shaping your values, interests, and career choices, and how did these experiences impact your long-term development?
3. In what ways do you think your childhood experiences with family dynamics, such as parenting styles or sibling relationships, have influenced your approach to family life as an adult?
4. How do you reflect on the impact of childhood friendships and social interactions on your current social skills and the way you form and maintain relationships?
5. How do you believe significant childhood events, whether positive or negative, have contributed to your resilience or vulnerabilities in adulthood?
6. How do you navigate the balance between cherishing positive childhood memories and addressing any unresolved issues from your past, particularly in shaping your mental and emotional well-being?
7. How do you think your childhood exposure to different cultures, traditions, or socioeconomic environments has influenced your worldview and your approach to diversity and inclusion?
8. How do you see the influence of childhood experiences in the way you handle conflict, manage stress, and pursue goals, and what early lessons have been most enduring for you?
9. How do you approach the influence of childhood trauma or difficult experiences on your current behaviour and mindset, and what steps have you taken to heal and grow from these experiences?
10. How do you believe your childhood experiences with authority figures, such as parents, teachers, or mentors, have shaped your attitude towards leadership and authority in your adult life?
11. How do you reflect on the role of play and imagination in your childhood, and how has this influenced your creativity, problem-solving skills, or approach to life's challenges?
12. How do you think your early experiences with success or failure, whether in academics, sports, or other activities, have shaped your current attitude towards ambition and achievement?
13. How do you perceive the role of childhood experiences in forming your identity and self-concept, and how do these early perceptions continue to influence your self-esteem and confidence?
14. How do you navigate the influence of childhood experiences on your values and beliefs, particularly when they conflict with new perspectives or experiences you've encountered in adulthood?
15. How do you think your upbringing and childhood environment have shaped your approach to parenting or mentoring others, and what lessons from your childhood do you seek to pass on or avoid repeating?