

All About Me.



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BY PHILIPP KHEL

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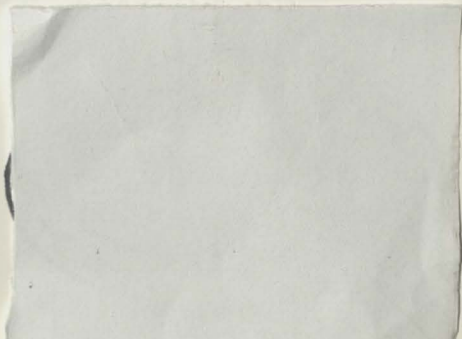
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With questions you not only reveal your curiosity to others, you also invite others to express their feelings, wishes, and fears; you show a genuine interest in and respect for their lives. This book is a neutral tool that allows you to comfortably ask and answer questions with friends, partners, family, colleagues, chance acquaintances – or simply with yourself.

However you choose to use the book – as a journal, a communication tool, a game – try to answer spontaneously. The first answer that comes to mind is probably the best. Fortunately we constantly develop and change. Some of our thoughts, beliefs, and ideas may shift within a few months or years. As you travel through the book, you will make discoveries about others and about yourself. And even if you find that you never want to ask or answer another question again, you will at least have discovered this much from your *All About Me*.

This book is dedicated to everyone who has not asked enough questions of others, and to those who have never been asked.

– Philipp Keel

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PERSONAL

ALL ABOUT ME.

PERSONAL

Name: _____

Address: _____

Phone number: _____

Today's date: _____

Place of birth: _____

Date of birth: _____

Astrological sign: _____

Profession: _____

Education: _____

Height: _____ Weight: _____

Hair color: _____ Eye color: _____

Distinguishing marks: _____

Blood type: _____ Allergies: _____

HISTORICAL

Mother's full name: _____

Date of birth: _____

Father's full name: _____

Date of birth: _____

Mother's maiden name: _____

Siblings' names: _____

Ages: _____

Names of maternal grandparents: _____

Names of paternal grandparents: _____

Mother's family comes from: _____

Father's family comes from: _____

Famous or notable relative or ancestor: _____

F A V O R I T E S

*Although you may not have an “absolute favorite,”
answer the following questions spontaneously. The best answer
will be the first thought that comes to mind.*

A color you like to wear: _____

Regardless of size or circumstance, an animal you would like to own as a pet:

A flower you would like to grow in your garden: _____

Your lucky number: _____

A smell that makes you pause: _____

A taste that makes you melt: _____

A hobby that occupies your time: _____

A sport you enjoy watching: _____

A sport you enjoy playing: _____

A city you like to visit: _____

A country you like to explore: _____

F A V O R I T E S

Your favorite meal: _____

A drink you often order: _____

A delicious dessert: _____

A game you like to play: _____

A book you strongly recommend: _____

An author who has affected you: _____

The magazine you read most frequently: _____

The newspaper you prefer to read on Sundays: _____

Music you prefer to listen to when you are alone: _____

The singer or band you currently listen to the most:

The film you could watch over and over: _____

A director you admire: _____

F A V O R I T E S

An actress whose performances you admire: _____

An actor whose performances you admire: _____

A TV show you watch regularly: _____

An artist whose work you highly respect: _____

A piece of clothing you love to wear: _____

A monument you would like to have a view of from your bedroom:

Your favorite time of day: _____

Your favorite place to sit at home: _____

What you most like to do on Sunday: _____

Your motto: _____

===== THE FRUITS OF YOUR LABOR =====

Your children: _____

Ages: _____

Your pets: _____

You live in a _____

Your transportation: _____

Your approximate annual income: _____

You are making more money than ever before.

You always thought you would make more money.

You never expected to make this much money.

Approximate number of hours you spend working each week: _____

You wish it were less. You wish it were more.

===== THE FRUITS OF YOUR LABOR =====

Your watch: _____

Your cologne or perfume: _____

Something important on your desk: _____

On your wall hangs _____

Under your bed or in your closet you hide _____

Something important on your night table: _____

When you sleep, you wear _____

If you had a safe, you would keep _____

Things you like to buy: _____

If you could afford it at this moment, you would buy _____

You collect _____

You don't have a lot of _____

THE FRUITS OF YOUR LABOR

Your strangest possession: _____

Your most expensive possession: _____

Your prized possession: _____

Material possessions are _____

If your house was burning and you only had time to rescue three things,
they would be:

1 _____

2 _____

3 _____

M O R A L S

Something forbidden you have done that might even surprise your closest friends:

People should not marry before this age: _____

People should not have children before this age: _____

The appropriate age for having sex: _____

The first time you had sex, you were this age: _____

Your most recent lie: _____

When you are late for an appointment and it's your fault, you

tell a white lie.

tell the truth.

A lie you tell yourself: _____

Something you have stolen that was not worth the risk: _____

M O R A L S

One person you have killed in your thoughts:

One person you might kill if you knew the law would protect you:

One thing in this world you are addicted to:

A drug or alcoholic beverage you take on a regular basis:

If there were no side effects, you would enjoy being addicted to:

Drugs you have tried in the past:

A drug you would never try:

A drug you will never try again:

You believe hitting a child is an appropriate form of discipline.

[] Yes

[] No

M O R A L S

As an adult, you have hit a woman.

[] Yes [] No

If yes, why? _____

As an adult, you have hit a man.

[] Yes [] No

If yes, why? _____

You have been arrested.

[] Yes [] No

If yes, for what? _____

You have read someone's diary or gone through someone's
private belongings without permission.

[] Yes [] No

If yes, which best describes your reason?

[] jealousy [] distrust [] curiosity

[] you were asked by someone else to do it

If yes, what did you discover? _____

M O R A L S

What would your reaction be if your spouse or partner cheated on you? _____

You have cheated. [] Yes [] No

A time you purposely hurt someone emotionally: _____

You have apologized. [] Yes [] No

A time you accidentally hurt someone emotionally: _____

You have apologized. [] Yes [] No

You owe someone money but have stalled in paying it back. [] Yes [] No

If yes, what is the amount? _____

===== G O D A N D T H E W O R L D =====

Do you believe in God? Yes No

Describe God: _____

What religion were you raised with? _____

Do you practice this religion? Yes No

Your most spiritual moment: _____

That last time you were in a house of worship: _____

Death is: _____

How you picture the end of the world: _____

God has spoken to you. Yes No

If yes, what did God tell you? _____

===== G O D A N D T H E W O R L D =====

Do you feel that most wars started because of religious conflicts? [] Yes [] No

Does life exist on other planets? [] Yes [] No

Have they made contact with us? [] Yes [] No

Do you believe we are descendants of Adam and Eve? [] Yes [] No

Do you believe in evolution? [] Yes [] No

Do you believe in astrology? [] Yes [] No

Do you read your horoscope? [] Yes [] No

If yes, why? _____

Have you ever been treated by a psychotherapist? [] Yes [] No

If yes, why? _____

Do you believe in reincarnation? [] Yes [] No

If reincarnation does exist, you would like to come back as:

O P I N I O N S

What is your opinion of

the right to have an abortion: Pro Con

the right to own guns: Pro Con

the welfare system: Pro Con

the death penalty: Pro Con

rights and services for illegal immigrants: Pro Con

legalization of drugs: Pro Con

equal rights for homosexuals: Pro Con

the practice of premarital sex: Pro Con

Which issue concerns you the most?

(You can choose from the above list or write your own answer.)

On behalf of this issue, you have

donated time. donated money. done nothing.

O P I N I O N S

The first step toward resolving poverty: _____

The first step toward resolving racism: _____

The environmental issue that concerns you the most: _____

Do you believe a person is defined

by what she or he does for a living?

[] Yes [] No

Why? _____

Politically, you define yourself as

[] liberal. [] moderate. [] conservative.

The worst crime against humanity: _____

The worst political crime: _____

O P I N I O N S

The minimum punishment for those who molest children should be: _____

The minimum punishment for those who rape should be: _____

Your opinion of the military: _____

Your opinion of the draft: _____

You would fight in a war if _____

F A M I L Y

Three things you like about your mother:

1 _____

2 _____

3 _____

Three things you like about your father:

1 _____

2 _____

3 _____

Which question felt easier to answer?

[] Mother [] Father

A character or physical trait you inherited from your mother: _____

F A M I L Y

Three things you dislike about your mother:

1 _____

2 _____

3 _____

Three things you dislike about your father:

1 _____

2 _____

3 _____

Which question felt easier to answer?

[] Mother

[] Father

A character or physical trait you inherited from your father: _____

F A M I L Y

When you were a child, your parents spent

enough time with you.

too much time with you.

not enough time with you.

The most common issue you and your parents have argued about: _____

Your most beautiful childhood memory of your parents: _____

Your most horrifying childhood memory of your parents: _____

If you didn't know your parents, you would choose these two people
as your mother and your father:

Mother: _____

Father: _____

F A M I L Y

If they were not available, you would choose these two famous people
as your mother and your father:

Mother: _____

Father: _____

Do you think you said "I love you" enough to your mother? Yes No

Do you think you said "I love you" enough to your father? Yes No

Has your mother told you that she loves you enough? Yes No

Has your father told you that he loves you enough? Yes No

Your mother often said: _____

Your father often said: _____

Whom do you resemble physically? Mother Father

F A M I L Y

Something your parents did that you have never forgiven: _____

What would it take for you to forgive them? _____

If you had to imagine your mother as an animal, she would be: _____

If you had to imagine your father as an animal, he would be: _____

You and your siblings share in common: _____

A trait you do not share with your siblings: _____

Your favorite relative is: _____

Why? _____

Your least favorite relative is: _____

Why? _____

F A M I L Y

If you were not related to your family members, you would still choose these three as your friends:

1 _____

2 _____

3 _____

If you had to imagine your siblings as animals, they would be:

Name

Animal

Something you wish for your mother: _____

Something you wish for your father: _____

F R I E N D S

Three traits you look for in a friend:

1 _____

2 _____

3 _____

The friend you have known for the longest amount of time:

_____ Number of years: _____

Is this person a close friend?

Yes No

Why or why not? _____

The friend you miss the most: _____

When was the last time you saw this friend? _____

When do you think you will see this friend again? _____

A friend who makes you laugh often: _____

A friend to whom you can tell anything: _____

F R I E N D S

A friend to whom you can go for advice: _____

The best piece of advice this friend gave you: _____

A friend you can have adventures with: _____

The best adventure you had with this friend: _____

A friend you can flirt with: _____

A friend you should not flirt with as much as you do:

A friend you would like to kiss: _____

A friend you should not have kissed: _____

A friend you don't take seriously: _____

A friend you may lose soon: _____

Why? _____

F R I E N D S

A friend you lost for a reason other than death: _____

You hope to see this friend again.

You hope never to see this friend again.

If you were to see this friend again, you would be unaffected.

A friend who does or believes in something you cannot respect:

Describe what it is that you cannot respect: _____

A friend with whom you would like to be closer: _____

Describe the barrier that exists between you and this friend: _____

A friend to whom you would never lend money: _____

Why? _____

F R I E N D S

A friend who has betrayed you: _____

How did this friend betray you? _____

Have you forgiven this friend? Yes No

A friend who has done something terrible but whom you have forgiven:

Describe what you have forgiven: _____

A friend you need to forgive: _____

A friend you would name as godparent of your child: _____

A friend to whom you have something important to say, but have not yet had the courage:

What is it that you want to say? _____

F R I E N D S

Your two closest friends:

1 _____

2 _____

One trait you admire in each of them:

1 _____

2 _____

One trait you wish each of them could change:

1 _____

2 _____

An animal that best describes each of them:

1 _____

2 _____

F R I E N D S

Your mother is your friend. Yes No

Your father is your friend. Yes No

Your best friend as a child: _____

Your worst enemy as a child: _____

Your best friend as a teenager: _____

Your worst enemy as a teenager: _____

*(If you are not yet an adult, leave this blank until you are an adult - then fill out
a new All About Me.)*

Your best friend as an adult: _____

Your worst enemy as an adult: _____

If you could, where would you banish your worst enemy to?

Are you able to forgive your enemies? Yes No

If no, why not? _____

F R I E N D S

The friend who is most like you: _____

Why? _____

The friend who is most unlike you: _____

Why? _____

The friend who uses most of your energy: _____

A friend you will see in hell: _____

A friend you will see in heaven: _____

Your three best qualities:

1 _____

2 _____

3 _____

Your three worst qualities:

1 _____

2 _____

3 _____

Of these three worst qualities, which one do you struggle with most frequently?

1 2 3

Which of the three worst qualities have you tried to change?

1 2 3

E G O

Three words that describe how others view you:

1 _____

2 _____

3 _____

Three words you would use to describe your ideal self:

1 _____

2 _____

3 _____

Three things for which you are often complimented:

1 _____

2 _____

3 _____

Which one of the three is most meaningful to you?

1 2 3

E G O

A special compliment that made you blush: _____

Who gave you this special compliment? _____

An insult that made you burn: _____

What was your reaction to this insult? _____

You are far better than most people you know at: _____

The animal that best describes you: _____

You are embarrassed when others: _____

You are embarrassed when you: _____

Others are embarrassed when you: _____

The greatest amount of physical pain you have ever endured: _____

E G O

The greatest amount of emotional pain you have ever endured: _____

Your proudest moment: _____

Someone who shared this moment with you: _____

The moment you are most ashamed of: _____

Someone who shared this moment with you: _____

When discussing your career with others, you tend to

exaggerate. understate. be factual.

When discussing your love life with others, you tend to

exaggerate. understate. be factual.

When telling stories or relaying the details of your day, you tend to

exaggerate. understate. be factual.

E G O

If you didn't have commitments to others, you would _____

The number of drinks that constitutes your limit: _____

Your best physical feature: _____

You have considered plastic surgery. Yes No

At your best, you are most like this famous person: _____

At your worst, you are most like this famous person: _____

Create a newspaper headline you would like to read about yourself: _____

Your most recent selfless act: _____

Y E S O R N O

- | | | |
|---|------------------------------|-----------------------------|
| You keep a diary. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You like to cook. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You exercise regularly. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You sketch while you are on the phone. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have read a book in the past month. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You replace the toilet-paper roll immediately. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You like crossword puzzles. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have visited the Eiffel Tower. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have a secret you have never shared with anyone. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You wait until the last minute to fill your car with gas. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You snore. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have been to your ancestors' homeland. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You read in the bathroom. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Being sick is a vacation. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You often have people over at your house. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You like America. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You can remember jokes. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You play cards. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You fold your underwear. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You talk in your sleep. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You eat fast. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You recycle small batteries. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Y E S O R N O

- | | | |
|---|------------------------------|-----------------------------|
| You often avoid paying full price. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You like hiking. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You like being on the phone. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You shave regularly. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You set your watch a few minutes ahead. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You are always late. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You often get headaches. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You smoke. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| A naked photo of you exists. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You can whistle. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You write letters regularly. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You believe in destiny. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You brush your teeth three times a day. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have something you wish to confess. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You change your bedsheets weekly. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You bite your fingernails. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You pick your nose. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You are a vegetarian. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have eaten in a restaurant alone. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have gone to a movie alone. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You have taken a vacation alone. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| You read the newspaper every day. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Y E S O R N O

- You have not used a hair dryer in the past five years. Yes No
- You have never used a personal computer. Yes No
- You have made love in an airplane. Yes No
- You have hit your father or mother in anger. Yes No
- When you think you have done something
wrong, you are quick to apologize. Yes No
- You lose control in heated arguments. Yes No
- In the morning when your alarm clock sounds,
you get out of bed immediately. Yes No
- You drank mother's milk. Yes No
- You generally save letters and postcards. Yes No
- You hate parties. Yes No
- You have stolen money from your parents. Yes No
- You have fired a gun. Yes No
- You often have the last word. Yes No
- Less is more. Yes No
- You give money to homeless people. Yes No
- Money has influenced your character. Yes No
- You know who you are. Yes No
- You enjoy being photographed. Yes No
- Life treats you well. Yes No

TOP THREE

Three people you consider to be geniuses:

1 _____

2 _____

3 _____

Three inventions you consider to be ingenious:

1 _____

2 _____

3 _____

Your three favorite childhood toys or games:

1 _____

2 _____

3 _____

T O P T H R E E

Three words you use often when speaking:

1 _____

2 _____

3 _____

Three sounds that disturb you:

1 _____

2 _____

3 _____

Three lessons you have learned the hard way:

1 _____

2 _____

3 _____

TOP THREE

Three things you would never do:

1 _____

2 _____

3 _____

Three charities or people to whom you would donate money:

1 _____

2 _____

3 _____

Three things you would not allow your children to do:

1 _____

2 _____

3 _____

T O P T H R E E

Three things you have done in your life that you regret:

1 _____

2 _____

3 _____

Three things for which you are thankful:

1 _____

2 _____

3 _____

===== W I S H E S A N D D R E A M S =====

Your dream: _____

Your hope: _____

If you had the talent or the opportunity, you would _____

Something you wish you could learn with the snap of your fingers: _____

Something you wish you could change about your life: _____

Something you wish you could change about yourself: _____

You wish you had been born into a different race. Yes No

You wish you had been born into a different religion. Yes No

You wish you had been born as the opposite sex. Yes No

===== W I S H E S A N D D R E A M S =====

Someone's diary you would love to read: _____

Three qualities your ideal man or woman should possess:

1 _____

2 _____

3 _____

Three qualities your ideal relationship should have:

1 _____

2 _____

3 _____

You want to retire at this age: _____

How you plan to spend the last years of your life: _____

How you would like to spend the last minutes of your life: _____

===== W I S H E S A N D D R E A M S =====

For your last dinner, you would like to invite these five people:

1 _____

2 _____

3 _____

4 _____

5 _____

The menu for your last dinner might be: _____

At your funeral, you want people to remember you as _____

===== W I S H E S A N D D R E A M S =====

Someone who should not, under any circumstances, speak at your funeral:

Someone you would like to have speak at your funeral:

A dream you have had more than once:

Something you dreamed that later happened or turned out to be true:

E M O T I O N S

The emotion you tend to hide the most: _____

The emotion you seem to experience the most: _____

The predominant emotion you have experienced lately: _____

A moment when you achieved absolute happiness: _____

You have a great amount of guilt regarding _____

You would feel envious right now if _____

A piece of music that makes you sentimental: _____

The music reminds you of: _____

E M O T I O N S

When you are happy, you need _____

When you are sad, you need _____

When you are sentimental, you need _____

When you are angry, you need _____

When you are in love, you need _____

When you are lonely, you need _____

You would jump up and down and shout with joy right now if someone told you:

The last time you were very angry was when _____

The last time you cried uncontrollably was when _____

A moment in your life when your emotions froze and you felt absolutely nothing:

===== E M O T I O N S =====

Someone who genuinely makes or has made you happy: _____

Something that makes you happy: _____

You get angry with yourself when you _____

Someone or something that made you laugh this week: _____

Write the colors that match the following emotions for you:

Fear _____ Love _____

Happiness _____ Sadness _____

Anger _____ Guilt _____

Jealousy _____ Loneliness _____

MEMORIES

Your earliest memory: _____

When you were a child, you believed: _____

Do you still believe this? Yes No

Your first kiss.

When: _____ Where: _____

With whom: _____

The first time you fell in love.

When: _____ Where: _____

With whom: _____

The last time you fell in love.

When: _____ Where: _____

With whom: _____

MEMORIES

Describe your first paying job: _____

_____ How old were you? _____

Describe your best paying job: _____

_____ How old were you? _____

Your most vivid childhood memory: _____

You are haunted by the memory of: _____

The memory that still makes you laugh: _____

A person who was exceptionally kind to you: _____

A person who made you miserable for a long time: _____

M E M O R I E S

One of your most peaceful moments: _____

Your best birthday: _____

One of your most tragic memories: _____

One of your most jealous moments: _____

One of your angriest memories: _____

Your worst birthday: _____

One of your most desperate moments: _____

Someone you wish you had never met: _____

M E M O R I E S

One of your most driven moments: _____

The memory or story you tend to exaggerate when telling to others: _____

One of your most embarrassing moments: _____

A smell that reminds you of your childhood: _____

An object you still own or remember vividly from your childhood: _____

A routine you remember from your childhood: _____

C H O I C E S

- Sunrise or sunset. Open or closed.
- Sweet or sour. Bath or shower.
- Sahara or Himalaya. Square or circle.
- Dolphin or eagle. Fire or water.
- Old or new. Lightning or thunder.
- Hot or cold. Black or white.
- Coke or Pepsi. Ocean or forest.
- Soft or hard. Dogs or cats.
- Train or plane. Day or night.
- Yesterday or tomorrow. Leaves or roots.
- Red or blue. Left or right.
- Fast or slow. Cremation or burial.
- Beatles or Elvis. Victim or criminal.
- Blind or deaf. Even or odd.

C H O I C E S

- [] Written or [] spoken. [] Sun or [] rain.
- [] Woman or [] man. [] Briefs or [] boxers.
- [] Yesterday or [] tomorrow. [] Pen or [] pencil.
- [] Carpet or [] hardwood floor. [] Horns or [] strings.
- [] Earthquake or [] hurricane. [] Summer or [] winter.
- [] City or [] countryside. [] Horizontal or [] vertical.
- [] Vanilla or [] chocolate. [] Destiny or [] choice.
- [] Abstract or [] figurative. [] Alone or [] together.
- [] Limited or [] open-ended. [] New York or [] Paris.
- [] House or [] condominium. [] Silver or [] gold.
- [] ! or [] ?

F E A R S

Things you fear:

Failure Water Spiders Crowds

Hair loss Injections Sirens Knives

Other: _____

Your greatest fear: _____

Your most fearful moment: _____

A crime or natural disaster you were a victim of: _____

A crime or natural disaster you fear: _____

A sickness or disease you fear: _____

A reason for which you would seriously contemplate suicide: _____

F E A R S

Your greatest fear about aging: _____

When people first meet you, you are afraid they will think: _____

A country you fear exploring: _____

Your greatest fear about marriage: _____

Your greatest fear about having children: _____

Something on your mind you are afraid to share: _____

A plan or project you worry may fail: _____

===== MEASURE YOUR FEARS =====

Pet a snake:

You did.

You would.

You would not.

Spend a week in an empty room:

You did.

You would.

You would not.

Ride in a hot-air balloon:

You did.

You would.

You would not.

Kill an animal (*fish, birds, and insects not included*):

You did.

You would.

You would not.

Sky dive:

You did.

You would.

You would not.

Sing in front of a huge audience:

You did.

You would.

You would not.

Scuba dive:

You did.

You would.

You would not.

Sit in the front seat of a roller coaster:

You did.

You would.

You would not.

===== M E A S U R E Y O U R F E A R S =====

Deliver a baby:

You did.

You would.

You would not.

Swim across the Amazon River:

You did.

You would.

You would not.

Change careers:

You did.

You would.

You would not.

Disappear for a long period of time:

You did.

You would.

You would not.

Walk through a forest alone at night:

You did.

You would.

You would not.

Join a space mission:

You did.

You would.

You would not.

Tell everyone what you honestly think of them:

You did.

You would.

You would not.

===== M E A S U R E Y O U R F E A R S =====

Call off your wedding:

You did. You would. You would not.

Walk naked through New York City for 10 minutes during rush hour:

You did. You would. You would not.

Walk up to Godzilla and call him a girl:

You did. You would. You would not.

Disarm a bomb:

You did. You would. You would not.

Clean the outside windows of a skyscraper:

You did. You would. You would not.

Draw a mustache on the *Mona Lisa* with a permanent marker:

You did. You would. You would not.

Go on tour with Elvis Presley:

You did. You would. You would not.

P S Y C H E

Your first name spelled backward is: _____

Write your first and last name initials on the lines below:

First initial: _____ Last initial: _____

Now quickly write five words that begin with each initial:

1 _____ 1 _____

2 _____ 2 _____

3 _____ 3 _____

4 _____ 4 _____

5 _____ 5 _____

Something that has been on your mind lately:

Something that has been on your mind for a long time: _____

P S Y C H E

A period of time in your life when you felt protected: _____

A period of time in your life when you felt overprotected: _____

A period of time in your life when you felt unprotected: _____

The first time you discovered power: _____

The book that has affected you the most: _____

The author who has affected you the most: _____

The piece of music that has affected you the most: _____

P S Y C H E

The movie that has affected you the most: _____

The event that has affected you the most: _____

Three people who have affected you the most:

1 _____

2 _____

3 _____

Choose one existing book or movie title that defines you: _____

Choose one existing book or movie title that defines your life: _____

P S Y C H E

*Even if you don't think you can draw well,
spontaneously create a self-portrait without being too serious.*

===== C A T A N D M O U S E =====

You are most comfortable

alone. at work. socializing in groups.

spending time with one person. observing others.

When you really want to get to know someone, you say or ask: _____

In social situations, you tend to

introduce yourself first. wait for others to introduce themselves.

When you are attracted to someone,

you like to be the cat. you like to be the mouse.

Your most romantic experience: _____

The largest age difference you have had in a relationship: _____

Who was younger? _____

=====**C A T A N D M O U S E**=====

A person you successfully pursued in a short amount of time:

A person you pursued over a long period of time:

A person you unsuccessfully pursued over a long period of time:

Something someone said or did that you found extremely attractive:

Something someone said or did that you found frighteningly unattractive:

A saying you have heard about men or women that you believe is true:

===== C A T A N D M O U S E =====

Two things that are appealing about women:

1 _____ 2 _____

Two things that are not appealing about women:

1 _____ 2 _____

Two things that are appealing about men:

1 _____ 2 _____

Two things that are not appealing about men:

1 _____ 2 _____

Your friends tend to be

male. female.

older than you. younger than you.

A physical trait you find attractive: _____

===== C A T A N D M O U S E =====

An intellectual ability that you find attractive: _____

A personality trait that you find attractive: _____

You are irritated when people ask you: _____

You love it when people ask you: _____

Your secret passion: _____

Your longest grudge: _____

You truly believe it is possible to be with
one person for the rest of your life.

[] Yes [] No

You like surprises.

[] Yes [] No

Someone has thrown a surprise party for you.

[] Yes [] No

You have thrown a surprise party for someone.

[] Yes [] No

C A T A N D M O U S E

You regret that you never had a relationship with this person:

A type of person you don't seem to get along with: _____

The star sign you are most compatible with: _____

The star sign you are least compatible with: _____

Your current spouse or partner's star sign: _____

Your previous spouse or partner's star sign: _____

You and your spouse or partner argue about this issue often: _____

In your relationships you seem to make most of the decisions.

you do not seem to make most of the decisions.

At work you seem to make most of the decisions.

you do not seem to make most of the decisions.

===== C A T A N D M O U S E =====

The farthest distance you would travel now to be with someone you desire:

The farthest distance you have ever traveled to be with someone you desired:

What you enjoy most about having a committed relationship: _____

What you dislike most about having a committed relationship: _____

SEXUALITY

Your sexiest feature: _____

The physical feature for which you are most often complimented:

A place where you have always wanted to make love: _____

A wonderful place where you have made love: _____

A strange place where you have made love: _____

A special place on your body that, when kissed or touched, feels unbelievably good:

An unfulfilled sexual fantasy: _____

SEXUALITY

A fulfilled sexual fantasy: _____

A fragrance that reminds you of someone with whom you have been intimate:

The most perverted situation you have ever been in: _____

The approximate number of sexual partners you have had:

under 10

10-20

20-30

30-40

40-50

over 50

over 100

You wish you had slept with

fewer people. more people.

The largest age difference between you and a sexual partner: _____

Who was younger? _____

SEXUALITY

The first time you achieved orgasm: _____

A person you regret sleeping with: _____

A person you regret not sleeping with: _____

You feel most attractive when: _____

A fantastic kisser you have known: _____

An uninhibited lover you have been with: _____

The worst lover you have experienced: _____

The book, song, or movie title that best describes your sexuality: _____

Sex is: _____

I F

If you had more time alone, you would _____

If you could change anything about the world, _____

If you had a plane ticket to anywhere in the world, you would visit

If you could live anywhere in the world, you would live in _____

If you could visit any time period, you would choose _____

If you could live in any time period, you would choose _____

I F

If you could, you would spend time with this famous person:

If you could be famous, you would like to be famous for _____

If you could magically change one thing about your physical appearance, it would be

If you were stranded on a desert island, you would want these three people with you:

1 _____

2 _____

3 _____

The first thing you would do on the desert island: _____

The first thing you would do upon your return from the desert island:

I F

If you could change one law, _____

If you were in prison, you would spend your time _____

If you could erase one memory, _____

If you had extra money, _____

If you had one million dollars, _____

If you could choose your age of death, _____

If you could bring back one person from the dead, _____

If you had wings, you would fly above _____

I F

If you could ask God one question, it would be: _____

If you were the queen or king of your country, _____

If you were a plant, you would be _____

If you were a beverage or cocktail, you would be _____

If you could start all over, _____

===== H E R E A N D N O W =====

Your current philosophy is: _____

Something memorable that happened to you this month: _____

Two things you did today:

1 _____

2 _____

Two people who occupy your thoughts the most:

1 _____

2 _____

Something you learned this week: _____

Something you need to learn now: _____

HERE AND NOW

Your most important goal right now: _____

It would be a relief right now if _____

The best word to describe your current love life: _____

The best word to describe your current relationship: _____

The best word to describe your current work situation: _____

The best word to describe your life: _____

Your biggest obstacle right now: _____

You are happier today than in the past. Yes No

The most important thing in life: _____

The last person you said "I love you" to: _____

A piece of wisdom you would pass on to a child: _____

NOTES

NOTES

The answer to the question is the answer to the question.

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The answer to the question is

NOTES

NOTES

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