

The Proust Questionnaire

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The Proust Questionnaire has its origins in a parlor game popularized (though not devised) by Marcel Proust, the French essayist and novelist, who believed that, in answering these questions, an individual reveals his or her true nature. Here is the basic Proust Questionnaire.

- ___1. ___ What is your idea of perfect happiness?
- ___2. ___ What is your greatest fear?
- ___3. ___ What is the trait you most deplore in yourself?
- ___4. ___ What is the trait you most deplore in others?
- ___5. ___ Which living person do you most admire?
- ___6. ___ What is your greatest extravagance?
- ___7. ___ What is your current state of mind?
- ___8. ___ What do you consider the most overrated virtue?
- ___9. ___ On what occasion do you lie?
- ___10. ___ What do you most dislike about your appearance?
- ___11. ___ Which living person do you most despise?
- ___12. ___ What is the quality you most like in a man?
- ___13. ___ What is the quality you most like in a woman?
- ___14. ___ Which words or phrases do you most overuse?
- ___15. ___ What or who is the greatest love of your life?

- ___16. ___ When and where were you happiest?
- ___17. ___ Which talent would you most like to have?
- ___18. ___ If you could change one thing about yourself, what would it be?
- ___19. ___ What do you consider your greatest achievement?
- ___20. ___ If you were to die and come back as a person or a thing, what would it be?
- ___21. ___ Where would you most like to live?
- ___22. ___ What is your most treasured possession?
- ___23. ___ What do you regard as the lowest depth of misery?
- ___24. ___ What is your favorite occupation?
- ___25. ___ What is your most marked characteristic?
- ___26. ___ What do you most value in your friends?
- ___27. ___ Who are your favorite writers?
- ___28. ___ Who is your hero of fiction?
- ___29. ___ Which historical figure do you most identify with?
- ___30. ___ Who are your heroes in real life?
- ___31. ___ What are your favorite names?
- ___32. ___ What is it that you most dislike?
- ___33. ___ What is your greatest regret?
- ___34. ___ How would you like to die?
- ___35. ___ What is your motto?