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 a selection of the basic Proust Questions.

1. What is your idea of perfect happiness?

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2. What is your greatest fear?

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3. What is the trait you most deplore in yourself?

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4. What is the trait you most deplore in others?

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5. Which living person do you most admire?

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6. What is your current state of mind?

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7. On what occasion do you lie?

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________________________________________________________________________
8. What do you most dislike about your appearance?

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9. Which talent would you most like to have?

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10. If you could change one thing about yourself, what would it be?

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11. If you were to die and come back as a thing, what would it be?

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12. Where would you most like to live?

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13. What is your most treasured possession?

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14. What is your favorite occupation?

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15. What do you most value in your friends?

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16. Who are your favorite writers?

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17. Who is your hero of fiction?

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18. Which historical figure do you most identify with?

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19. Who are your heroes in real life?

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20. What is your greatest regret?

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21. What could be your motto (a short one)?

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