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THE PROUST QUESTIONNAIRE

The Proust Questionnaire has its origins in a parlour game popularized by Marcel Proust, the French essayist and novelist, who believed that, in answering these questions, any individual would reveal his or her true nature.

You can fill in the Proust Questionnaire from the point of view of a character and this will help to get an insight into their personality. The is long, but it works to ask writers to select a few questions that interest them.

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?