

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.

Proust Questionnaire

What is your idea of perfect happiness?

Which historical figure do you most identify with?

Which living person do you most admire?

What is the trait you most deplore in yourself?

What is the trait you most deplore in others?

What is your greatest extravagance?

What do you consider the most overrated virtue?

On what occasion do you lie?

What is your greatest regret?

When and where are you happiest?

What do you consider your greatest achievement?

If you could choose to come back as something, what would it be?

What is your most treasured possession?

Where would you like to live?

What is your favorite occupation?

What is your most marked characteristic?

What do you most value in your friends?

Who are your favorite writers?

Who are your heroes in real life?

How would you like to die?

What is your motto?