
A Conversation Over Time

Between Friends

Twenty questions. Two voices. Pass it when you're ready.

How This Works

This is not a questionnaire. It is a correspondence.

The questions in these pages are designed to be passed between two friends — answered privately, without reading the other person's responses first, and then exchanged.

The time between is part of the practice. It is what allows honesty that a dinner table conversation doesn't, because you are not performing in real time.

Here is how it works:

One of you begins. Answer the questions in your own response blocks — the spaces marked for you. Take as long as you need. Some questions will come quickly. Others will ask you to sit with something you haven't thought about in years.

When you are ready — not before — share your answers with your friend. She reads nothing of yours until she has written her own. Then, and only then, do you read each other's responses.

How you share is entirely up to you both:

Hand this guide across a table. Mail it. Read your answers aloud over the phone. Record a voice note. Type your responses and send them. Whatever feels most natural for the two of you — and most comfortable for where you each are in your lives — is the right way. There is no wrong way to have this conversation.

What you will find, in the pages that follow, is the life your friend lived before you knew her. The choices she has never fully explained. The things she is still afraid of, still hoping for, still carrying. The version of herself she has never had quite the right moment to show you.

This book is to allow each of you to share more — and receive more — of who the woman on the other side of the conversation is.

What is one thing about the town or neighborhood you grew up in that shaped who you became – and that most people who know you now would never guess?

PERSON A

PERSON B

Who was the most important woman in your childhood, and what did she teach you?

PERSON A

PERSON B

What were the things you wanted to be when you were a young girl or teen, and what does that tell you about yourself now?

PERSON A

PERSON B

What was your most embarrassing moment as a young person?

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PERSON A

PERSON B

What is one thing about your family – the way it worked, the rules it ran on, the thing no one said out loud – that explains more about you than most people know?

PERSON A

What is one thing about your family – the way it worked, the rules it ran on, the thing no one said out loud – that explains more about you than most people know?

PERSON B

What is a part of your personality that has changed and you wish it hadn't? Is there a part of your personality that you might like to change in the future?

PERSON A

What is a part of your personality that has changed and you wish it hadn't? Is there a part of your personality that you might like to change in the future?

PERSON B

What is the hardest thing you have ever done, and did anyone know how hard it was at the time?

PERSON A

PERSON B

What choice have you made that you have never fully explained to anyone – and what was actually behind it?

PERSON A

What choice have you made that you have never fully explained to anyone – and what was actually behind it?

PERSON B

What is the thing you are most proud of that you have never said out loud?

PERSON A

PERSON B

What do you think most people misunderstand about you – even the people who know you well?

PERSON A

PERSON B

Is there a version of your life you almost lived – a road you came very close to taking – that you still think about?

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PERSON A

Is there a version of your life you almost lived – a road you came very close to taking – that you still think about?

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PERSON B

What has been the most significant loss of your life, and how did it change you?

PERSON A

PERSON A

What has been the most significant loss of your life, and how did it change you?

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PERSON B

What is one belief you held when you were younger that you have since completely abandoned – and what replaced it?

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PERSON A

PERSON B

If you could guarantee you would have just one thing in your future, what would that be?

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PERSON A

If you could guarantee you would have just one thing in your future, what would that be?

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PERSON B

What are you most afraid of – not for the world, but for yourself, specifically? Or what is something you have never fully given yourself credit for?

PERSON A

PERSON B

Is there something you have not yet forgiven yourself for? You don't have to name it. But has the weight of it changed?

PERSON A

Is there something you have not yet forgiven yourself for? You don't have to name it. But has the weight of it changed?

PERSON B

What does a genuinely good ordinary day look like for you now – not an extraordinary one, just a day that ends with you feeling like yourself?

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PERSON A

PERSON B

In five years from now, what are the five things you most hope to have accomplished?

PERSON A

In five years from now, what are the five things you most hope to have accomplished?

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PERSON B

What is one thing you wish more women your age talked about honestly – that instead tends to go unspoken?

PERSON A

PERSON B

What would you most like the people who love you to understand about who you are right now – at this exact point in your life?

PERSON A

What would you most like the people who love you to understand about who you are right now – at this exact point in your life?

PERSON B

Is there anything I can do to help you achieve anything you have written about?

PERSON A

Is there anything I can do to help you achieve anything you have written about?

PERSON B

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and receive more — of who the woman on the
other side of the conversation is.*

pursueyourpink

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