



everyday conversations[®]

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RHYTHM VINES

Questions to build genuine connections



FROM US TO YOU

Everyday Solitude is a mental health initiative focused on using conversation as a tool to reduce the stigma of mental distress through dialogue and human connection.

This year, we partnered with Rhythm and Vines to develop a co-branded conversational card game to facilitate deeper discussions at the festival.

We hope you use this tool over pals or coffee to make new friends, learn more about one another, and engage in more meaningful conversations than usual. Enjoy!

@everydaysolitude
@rhythmandvines

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HOW IT WORKS

We have developed 50 questions inspired by the te reo values of R&V to encourage open dialogue at this year's R&V Festival. The goal is for you to use this conversational tool to build friendships and get to know your friends a little deeper during the festival.

There is no set way to engage with this; simply ask one of the 50 questions as a group or between individuals and see where the conversation takes you.

Remember, you are just one conversation away from a meaningful connection.

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What has been your
most favourite festival
experience, ever?

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What was your biggest
lesson you learnt this year?

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What did “growth” look like
for you this year?

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If you weren't here right now,
where else would you be and
who would you be with?

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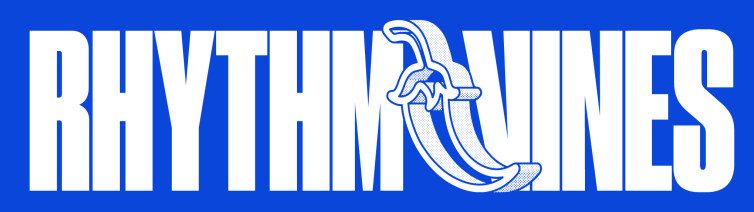
What was your top-spotify
wrapped this year?

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What are three words you
would use to describe me?

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Describe to me your
favourite day off.

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Is there anything you've ever
wanted to ask me; that you
have felt like you couldn't?

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Who is the first person
you would call if you were
having a bad day?

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What was the biggest L
you took this year?

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Is there any part of
yourself that feels really
misunderstood?

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What is your biggest “what if”
that keeps you up at night?

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Tell me about the family
member you are closest to
and why?

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What is (or would be) your
go-to pick up line?

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What is the most pain
you have ever been in
that wasn't physical?

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What does “success”
look like for you?

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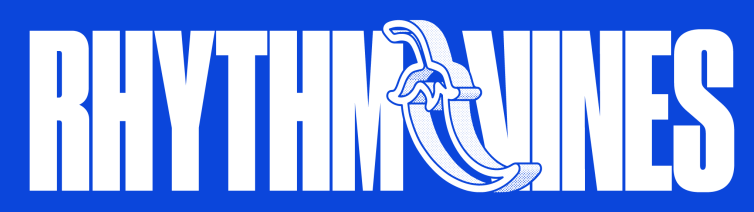
What did the pandemic
teach you?

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How do you feel about
manifestation?

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What would your death
row meal be?

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How do you practice
self-care?

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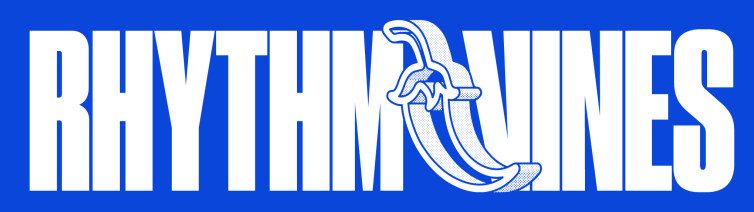
What is a value of yours that
has changed over time?

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What is one thing you've
always wanted to try but
haven't yet?

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How do you cope
with change?

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What would you consider
the difficult parts of dating
you are?

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When was the last time
you cried?

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If you could give your 16 year
old self one piece of advice,
what would it be?

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What is your favorite way to
express creativity?

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Can you share an amazing experience that truly changed your life? And what was so memorable about it?

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What have your
experiences with therapy
been like?

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Do you know much about
your attachment style?
What is it?

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Who is the last person
you texted, and what
did you say?

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What is the worst first date
story you have?

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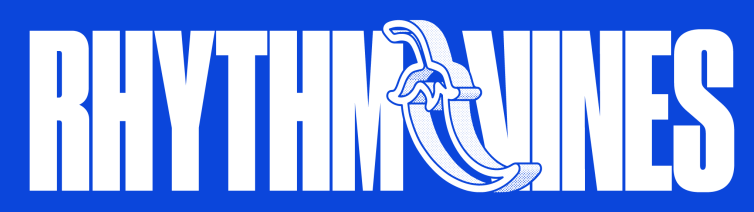
How do you generally
regulate your emotions?

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What is the most unhinged
thing you have done this year?

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Tell me about your
first crush.

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Describe to me your
childhood in three words.

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What is the earliest memory
you can recall?

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What does “balance”
look like to you?

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What does authenticity
(acting authentically) feel
like to you?

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Do you trust easily? Tell me
about why or why not.

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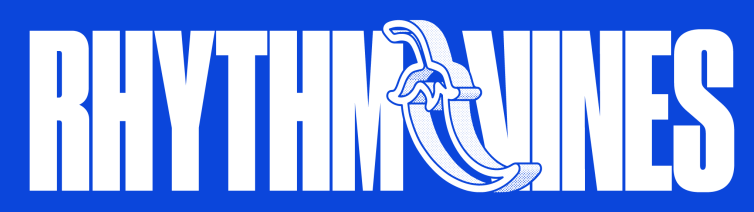
What are your go-to tools
for getting out of a funky
headspace?

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Who would you consider
part of your community?

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When was the last time
you were brave?

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Are you good with
handling conflict?

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Bonus question: ask me
anything you like!

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If time and money were not
an issue, what would you
do for a career?

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Tell me about a time
that your gut feeling
has saved you.

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Tell me about the most
challenging conversation
you have had recently.

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What advice would you give
our prime minister?

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What is one thing you would like to work on, heading into the new year?

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What is your relationship
with your body like?

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