

SENARRA

50 Questions

to Ask Your Parents

The questions that get parents and grandparents to open up —
and a simple guide to recording their answers,
so you keep their voice forever.

Where memory keeps its voice.

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Their story

1. Tell me about the day I was born.
2. What was your childhood home like?
3. What's your earliest memory?
4. What did you and your siblings fight about? Laugh about?
5. What were your parents like when you were little?
6. What's a smell or sound that takes you straight back to childhood?
7. What did you want to be when you grew up?
8. What was your first job, and what did it pay?
9. What's the most trouble you ever got into as a kid?
10. Who was your best friend growing up — and what happened to them?

Love & family

11. How did you meet [Mom/Dad/your partner]?
12. What was your first date?
13. How did you know they were the one?
14. What was your wedding day really like?
15. What did you think when you first saw me?
16. What was I like as a baby?
17. What's your favorite memory of us together?
18. What was the hardest part of raising kids?
19. What do you hope your grandchildren know about you?
20. Who in our family history should I know more about?

Their world

21. What's the biggest change you've seen in your lifetime?
22. Where were you when [major historical event] happened?
23. What was your neighborhood like growing up?
24. What did a perfect Saturday look like when you were 20?
25. What music did you love — and did your parents hate it?
26. What's the best meal you've ever eaten?
27. What was the family car — and what stories does it hold?
28. What did your parents' voices sound like?
29. What tradition from your childhood do you miss most?
30. What's something that used to be common that no one does anymore?

Wisdom & reflection

31. What's the best advice your mother or father gave you?
32. What's the hardest decision you ever made?
33. What are you most proud of?
34. What do you wish you'd done differently?
35. What's something you believed at 25 that you don't believe now?
36. When were you happiest?
37. What got you through the worst times?
38. What do you still want to do that you haven't?
39. What does a good life mean to you?
40. What do you want people to remember about you?

The ones nobody asks

- 41. What do you and I have in common that most people wouldn't guess?
- 42. What's a story you've never told anyone?
- 43. What was your mother's laugh like?
- 44. What do you miss most about the people you've lost?
- 45. If you could relive one ordinary day, which would it be?
- 46. What's your favorite thing about how our family turned out?
- 47. What scares you? What used to?
- 48. What's the kindest thing anyone ever did for you?
- 49. What question do you wish someone would ask you?
- 50. Is there anything you've been meaning to tell me?

How to record their answers

You don't need equipment or a plan — you need a phone, a quiet half hour, and the willingness to listen.

1. Find a quiet spot.

Kitchen table, front porch, wherever they're comfortable. Background noise is the enemy of a recording you'll treasure.

2. Put the phone between you and press record.

The voice-memo app you already have is enough. Then forget the phone is there.

3. Start with question 1.

"Tell me about the day I was born" opens almost anyone up. Follow their lead from there — the list is a map, not a script.

4. Don't interview — have coffee.

Let silences sit. The best stories arrive after the pause. One question fully answered beats ten rushed.

5. Save it somewhere permanent.

Label the file with the date and their name, and keep it somewhere it can't be lost.

One question fully answered beats ten rushed. Start tonight — their stories are one conversation away.

Keeping their voice forever

You can do everything in this kit with or without an app.

- **No app needed tonight.**

The recorder already on your phone is enough. On iPhone, we recommend the built-in Voice Memos app — open it, press the red button, and set the phone down. Name the recording with their name and the date when you're done.

- **When you're ready, Senarra keeps it forever.**

Senarra is a private home for family memories — recordings are transcribed, organized into chapters of their life story, and preserved in their actual voice. Voice Memos recordings import directly into Senarra at any time, so nothing you record tonight is ever lost or locked out — start simple, import whenever you like.

- **Or capture inside Senarra from the start.**

Record in the app, upload old recordings and voicemails, or have them dial the Senarra phone line and just talk — every call is preserved automatically. Either way, their stories stay in the family, in their voice.

Senarra — where memory keeps its voice. senarra.app