



# OPEN UP

You find the Open Up cards here. We call it Open Up because we want to encourage more people to dare to take the small talk to the next level and to make us talk more about how we feel.

Print, cut and use the cards next time you talk to someone you care about.



OPEN UP

**Is there a superpower you would like to have, and why?**

**Who or what inspires you in life?**

**If you could travel in time, where would you go and why?**

**Mi  
ND**

[mind.se](http://mind.se)



OPEN UP

**How would someone who knows you, describe you using three words?**

**How old do you feel and why?**

**What would you most like to do on a day off?**

**Mi  
ND**

[mind.se](http://mind.se)



OPEN UP

**What is the nicest thing anyone ever said to you?**

**If you could swap lives with someone, who would it be and why?**

**How old would you like to become?**

**Mi  
ND**

[mind.se](http://mind.se)



OPEN UP

**How do you show that you really like someone?**

**What is your dream job?**

**What would you do if you were unafraid and courageous?**

**Mi  
ND**

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OPEN UP

**What is the best thing that ever happened to you?**

**What could a friend do to you that would make you feel sad?**

**What do you like best about yourself?**

**Mi  
ND**

[mind.se](http://mind.se)



OPEN UP

**What has affected you the most in life?**

**What could someone say to you that would make you feel happy?**

**Is there something you have done that you now regret?**

**Mi  
ND**

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OPEN UP

What is the most recent thing that made you sad?

What would you do to make your family really happy?

How would you describe yourself using three words?

Mi  
ND

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OPEN UP

Is there anything you are longing for?

What is the most important aspect of your life?

Is there anything you have been dreaming of for a long time that you think could become reality?

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ND

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OPEN UP

What are you grateful for?

What does real friendship mean to you?

If you were an animal, which one would you like to be?

Mi  
ND

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OPEN UP

What do you do to take care of yourself?

What is most important to you in life?

What would you do if money were no object?

Mi  
ND

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Mi  
ND

**Mind is a non-profit organization working to improve the well-being of people experiencing mental health problems. We provide support, raise awareness, and promote change.**

Mind engages over 850 volunteers and offers three helplines, the Suicide support line, the Senior support line, and the Parent support line, in addition to the supportive online community Mind Forum. Mind fights for a society where everyone experiencing a mental health problem gets support and respect and no one takes their life. It is all about empowering people to live. Find out more at [mind.se](https://www.mind.se)