

# LISTENING WITH GRATITUDE

*this assignment is adapted from StoryCorps*

**ASSIGNMENT:** Interview someone that has given you the opportunity to be grateful.

## **STEPS:**

- Look through the list of suggested questions first then decide who you want to interview. Make an appointment with this person. Set aside at least 40 minutes to sit down and be able to speak with this person without distractions. Most interviews last an average of 20 minutes.
- Make a list of questions. Choose at least 10 questions from the suggested question list below. Start with a few warm up questions. As you are interviewing, feel free to ask follow up questions that are not on your list, your interview may turn into a conversation!
- Record your interview.

## **HELPFUL HINTS:**

- **when choosing an interviewee**
  - *who has made an impact on your life? Who are you grateful for? Who has sacrificed to enable you to have your “gifts?”*
  - *Share your selected questions with the person before hand and make sure they are comfortable answering those questions. Maybe even look at the suggested list together and let that be a part of your interview.*
  - *you must interview a person 25 years of age or older (exceptions MUST be clear with your instructor ahead of time)*
- **when selecting a location:**
  - *quiet place, avoid large rooms or crowded places. Feel free to add your own stories to the “conversation.”*
  - *Sit near each other, make eye contact.*
- **when conducting the interview:**
  - *Be patient. take turns, only one person should speak at a time*
  - *Begin with: My name is \_\_\_\_\_. I am \_\_\_ years old and I’m here with (relationship).*
  - *Set your device on airplane mode so you won’t be interrupted during your interview*

# SUGGESTED QUESTIONS

## WARM UPS

1. *Can you tell me a little bit about your childhood? What were you like as a child?*
2. *Can you tell me about your grandparents? Your great-grandparents?*
3. *Talk about the first time we met. What went through your mind?*
4. *How would you describe me to someone who has never met me? How would you describe yourself?*
5. *What was your childhood home like? Who else lived here? What did your bedroom look like?*
6. *What is something you are passionate about?*

## GENERAL QUESTIONS

7. *Tell me a favorite memory of me.*
8. *Can you tell me about one of the most difficult moments in your life?*
9. *Can you tell me about a historic event that had an impact on your life? What are your most vivid memories of that event? How did it make you feel?*
10. *Who are the people who have made the biggest impact on your life?*
11. *Tell me about one or two people who have been kindest to you in your life; people for whom you are grateful. If they were here, what would you say to them?*
12. *What is one of your happiest memories?*
13. *What are you most grateful for?*
14. *What are some important lessons you have learned in life?*
15. *What are you proudest of - personally and professionally - in your life?*
16. *Is there anything you have never told /asked me before that you want to tell/ask me now?*
17. *How is your life different now from how you imagined it when you were young?*
18. *How would you like to be remembered?*
19. *Do you have any regrets?*
20. *What are your hopes and wishes for me? For my children?*

# SUGGESTED QUESTIONS

21. *If this was going to be our last conversation, what would you want to tell me?*
22. *Thinking about your family many generations from now, is there anything you want to say to them? Any wisdom or advice you want to share?*

## **FAMILY HERITAGE**

23. *Do you know the story of how our ancestors came to this country?*
24. *Who were your parents? grandparents? great grandparents? What kind of work did they do? Do you have any memories of them?*
25. *Are there any classic family jokes, stories or songs that you can share with me?*
26. *Tell me about when you met your significant other/*
27. *Tell me about when you found out you were going to be a mother/father. Do you remember the first time you saw your child? How did it feel?*
28. *Can you sing me the songs you used to sing to me as a baby? Can you remember the stories you used to tell me?*
29. *What is your best advice for raising kids?*

## **GROWING UP AND SCHOOL**

30. *Did you have a nickname? How did you get it?*
31. *Tell me about your siblings. Were you close to them?*
32. *What was the worst thing you did when you were a kid?*
33. *Did you like school? Why/ why not?*
34. *What are your most vivid memories of school?*
35. *Tell me about your prom. What did you wear? Who did you go with? What was the night like?*
36. *What did you do during the summer when you weren't in school?*
37. *If you could go back and relive your teenage years would you? Why/why not?*

## **LOVE AND RELATIONSHIPS**

38. *What are the most important lessons you have learned from your significant other?*
39. *What are the keys to a strong relationship?*

# SUGGESTED QUESTIONS

40. Describe your first date with your significant other.

41. When did you know she/he was “the one?”

42. How did you get engaged?

43. Tell me about your wedding day.

44. Who was the love of your life?

45. What suggestions do you have for me as I choose significant others in my life?

## **MILITARY**

46. In what branch did you serve?

47. Why did you join the military?

48. Can you tell me about basic training?

49. What was daily life like in the service?

50. What is the toughest part about being in the military?

51. Did you serve in a war zone? Where and when?

52. Were you ever afraid? Can you tell me about that?

53. Tell me a favorite memory of someone you served alongside

54. What lesson did your time in the military teach you? Did it change you?

55. Can you tell me about your transition from military to civilian life?

56. If given the opportunity, would you serve in the military again? Why?

## **RELIGION AND SPIRITUALITY**

57. What does religion/spirituality mean to you and what role does it play in your life today?

58. Have you ever had a profound religious/spiritual experience?

59. When you were growing up what role did religion/spirituality play in your life?

## **WORKING**

60. How did you find your way to your current job/career?

61. Do you feel like your job is a calling? If not, what is your calling?

62. When you were younger, what did you imagine your job would be?

# SUGGESTED QUESTIONS

*63. What was your favorite/least favorite job?*

*64. Tell me some favorite work stories.*

*65. What aspect of your job leaves you most/least satisfied?*