

THE INSIDE SCOOP

Interview

by your loved one

Materials: Worksheet copies, template copies, pens or pencils

Directions: Read the worksheet, complete the activity and discuss as a group.

Your loved one has been deployed for a while. During that time, you've met new friends, attended school and participated in numerous activities.

You've changed inside, as well.

An interview is an insightful way to converse and connect with your loved one.

Conducting an interview is an opportunity for your loved one to discover new insights about you. To learn how you've grown and changed during their deployment.

STEP ONE

On the template are questions about various facets of life. Check the questions you want your loved one to ask you during the interview. You also can add additional questions of your own.

STEP TWO

With your loved one, schedule a date and time for the interview. Share the outcome with the group.



MY LIFE: FEELINGS, INTERESTS AND BELIEFS

Directions: After you schedule an interview date and time, give your loved one this list of questions. You also can add additional questions of your own. Tell your loved one to ask you the checked questions.

Questions about you

- What makes you proud of yourself?
- Would you choose a different first name? Why?
- If you could travel back in time, what year would you travel to? Why?
- What makes you laugh?
- Who is your hero? Why?

Questions about interests

- Who is your favorite band or solo artist?
- What's your favorite movie?
- What do you do for fun?
- What's your favorite outdoor activity?
- What motivates you?

Questions about the future

- Where do you see yourself in 5 years? 10 years?
- If you won the lottery, how would you spend the money?
- What are your thoughts about a career or job?
- What do you wish you could do that you can't do now?
- What are your goals for the upcoming year?

Questions about family

- What family activities and events do you enjoy?
- What do you do at family mealtime that's important to you?
- What are your favorite family traditions?

Questions about friends

- Do you find it easy or difficult to make friends?
- Who is your best friend?
- What are the qualities of a good friend?

Questions about school

- Who is your favorite teacher?
- What should you learn more about in school?
- What should you learn less about in school?

Questions about behavior

- Do you have any bad habits?
If so, what are they?
- What do you do when you're bored?
- What are your thoughts about politics?
- What frightens you the most?
- What makes you angry? Why?
- How do you handle stress?

Add your own questions

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