“My Story”
Interview Workbook

Print-at-Home

Compassionate
Community Care

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This is My Story

Record the full name, address, and contact information of the person you are interviewing (the "interviewee"):

Name: _____

Street address: _____

Town/City: _____

Postal Code: _____

Telephone #: _____

Email address: _____

Place for photo (optional)

"My Story" Interview Appointments

Appointment 1

Day of the week: Sun / Mon / Tues / Wed / Thurs / Fri / Sat

Day / Month / Year: _____/_____/_____

Time: _____ AM / PM

Location: _____

Interviewed by: _____

Appointment 2

Day of the week: Sun / Mon / Tues / Wed / Thurs / Fri / Sat

Day / Month / Year: _____/_____/_____

Time: _____ AM / PM

Location: _____

Interviewed by: _____

Appointment 3

Day of the week: Sun / Mon / Tues / Wed / Thurs / Fri / Sat

Day / Month / Year: _____/_____/_____

Time: _____ AM / PM

Location: _____

Interviewed by: _____

At the conclusion of the interview(s), ask the interviewee to sign these two permission forms:

Permission Form 1

The interviewer should discuss the information contained here with the interviewee before signing.

I, the interviewee, give *(name of interviewer)*

_____

permission to compile my story based on the information gathered during the interview(s), with the knowledge that a copy will be given to me when it is complete.

Signature: _____

Date: _____

Permission Form 2

Ask the interviewee if Compassionate Community Care can keep a copy of their completed "**My Story**" for possible future use. If **yes**, have them sign the following:

I, the interviewee, give Compassionate Community Care permission to keep a copy of "My Story" for their use.

Signature: _____

Date: _____

Sample "My Story" Interview Questions

Parents and Family

1. When and where were you born?

2. What are the names of your parents?

3. Where was your family originally from?

4. What did your parents do for a living?

5. How many siblings do you have? _____
What are their names? Who were you closest to?

6. Where are you in the birth order?

7. Did you play with your sibling(s)?
What kinds of games did you play?

8. What were your family's economic circumstances?
Do you remember a time when money was tight?
Did you ever have to do without things you wanted or needed?

9. Were your parents religious?
If so, how was religion observed in the home?

10. What were your parents' political beliefs?

11. What organizations or clubs were they involved in?

12. What other relatives did you have contact with growing up?

13. Did you ever attend a family reunion? If so, how often did this happen?

14. Describe the house you grew up in. What was your room like?

15. What were your duties around the house as a child? What were your sibling's duties?

16. What skills did you learn (e.g. cooking, carpentry or crafts)? Who taught you?

17. What activities did your family do together?

18. Are there any special foods that you remember from your childhood?

19. Were there any family traditions around the holidays? e.g. Christmas, Hanukkah, Thanksgiving or birthdays

Early Schooling

20. What was your elementary school like?

21. Did you enjoy going to school as a child?
Were there things about school that you didn't like?

22. What was your favourite subject?

23. Did you have a favourite teacher?
Why were they your favourite?

24. What was discipline like at your school?

25. Were you ever teased or bullied at school?

Childhood Friends and Interests

26. What did you do after school and on weekends?

27. Who were your childhood friends?

28. Did you have a best friend? What was their name? What did you do when you spent time together?

29. Did you have a pen-pal? If so, where were they from?

30. What did you want to be when you grew up?

Teenage Years

31. Did you have additional responsibilities or chores as a teenager?

32. How old were you when you went on your first date? Did your parents have any rules about dating?

33. Did you belong to any clubs/teams? If so, what were they?

34. Did you have a part-time job? Did you enjoy it? Why?

35. How did you spend the money you made?

36. How old were you when you got your driver's license?

37. Did your relationship with your parents change during this time?

Adulthood: Further Education

38. Did you get any post-secondary education (college or university)?

39. Which school(s) did you go to?
Why did you decide to go to that school?

40. What did you study?

41. Did you graduate?

42. Did you have student debt?

43. After you graduated, did you get a job in your preferred field? How long did it take to find employment?

Formation of Significant Relationships

44. How did you meet your spouse/partner (if applicable)?

45. What attracted you to him/her?

46. Why did you decide to marry/commit?

47. What was the most difficult thing about married life?
What was the most satisfying?

Employment

48. Who earned the money to support your household?

49. (If they worked) What was difficult about your job? What did you like about it?

Children

50. How many children do you have (if any)?

51. What were they like when they were young?

52. What activities did your family do together?

53. What family traditions did you have?

54. What values did you try to raise your children with?

55. What forms of discipline did you use and why?

Church, Political and Other Involvement:

Specifics of, Reasons for and Passions Behind

56. Did you belong to a church or synagogue?

57. What kind of church-related activities have you been involved with? What was it like? Did you enjoy it?

Extracurricular Activities

(Volunteering, Social, Philanthropic, Arts, Athletics, etc.)

58. Have you ever travelled? Did you travel often?

59. What was the favourite place you visited? What was the happiest / funniest / saddest memory from that trip?

60. What is one of your biggest accomplishments in life and/or something you are most proud of doing?