

## Positive Change Interview

**Instructions:** In pairs interview take time to interview one another using the following questions. Be a generous interviewer. Do not dialogue, rather take turns to actually conduct an interview. If you need more information or clarification ask additional follow-up questions. Use this sheet to record the results of your interview. When your interviews are completed you will present the results to the wider group.

Before you conduct the interview take a minute to read the questions and decide how you will personally answer the question and make a mental note of your response. Now proceed with the interviews, paying full attention to the interviewee rather than to your story.

1. Tell me of a time in your life when you experienced a positive enriching change. When you made some significant change in your life during which you felt excited, enriched, fulfilled, alive, and hopeful for your future. What made it exciting? Who was involved? Describe the event in detail.

2. Without being humble, when you think of the change, what is it that you most value about yourself? What personal resources did you bring to the change that made it so fulfilling?

3. Describe any external resources (i.e. those resources beyond yourself) that enriched this experience of change.