

## **GUIDELINES FOR INTERVIEW**

*Questions were tailor made according to the information provided by each of the participants in the Initial Screening Tool*

*Not all questions were asked to every participant*

- To start with tell me a little about yourself

Prompts:

I would want to know how your life progressed since childhood till now.

Let me know your important milestones and your memories about them

- Tell me about significant events and your feelings related to those events
- Can you relate some experience where you were belittled, unheard or hurt
- Are there any patterns or habits that hold you back
- When you were not at your best what personal qualities came through

Prompts:

What are some strengths and inner resources you have relied on during difficult times

Can you share a few qualities and skills you believe which sets you apart

- Who were the people who helped you? Can you talk about that person and how he / she supported you
- Are there people in your life / or someone who drains your energy
- Did the experience / experiences open new paths, choices or opportunities for you.

Prompts:

Did you surprise yourself in how you coped or handled things

What inherent factors were present that helped you cope with the event