

From Actions to Identity OR From the Trivial to the Significant

An exercise with one interviewer and one person being interviewed.

1. **Identify a seemingly trivial recent action that the interviewee took that was ok or positive for them.**
2. **Ask about the Intentions and purposes behind that action:**
 - a) What made you decide to do this?
 - b) What were you thinking beforehand?
 - c) What intention or purpose did you have?
 - d) How come you decided on this action or choice rather than some other?
3. **Ask about Values and Beliefs behind the intentions and purposes. Remember to keep pausing for the interviewers to discuss progress and strategy:**
 - a) What was important to you about doing this or about the intention or purpose you had?
 - b) What's precious or valuable to you that influenced you here?
 - c) What is it that you believe in strongly enough to influence what you did here?
 - d) Tell me about what mattered to you most here
4. **Ask about the Hopes and Dreams that played a part in this:**
 - a) What were you hoping could happen from doing this?
 - b) Do you have some dreams about what could be possible if you stick with doing things for this reason?
 - c) What possibilities could there be for your future if you carry on in this direction?
 - d) How might the future look better if your ideas here come off?
5. **Ask about the Principles that might be connected to these hopes and dreams. Remember that, for this exercise, Principles are like Values but are context free rather than context specific or dependent.**
 - a) Do you have thoughts about how the world might be a better place if others shared your values and hopes here?
 - b) Do you reckon that others should act more in this way?
 - c) What general beliefs do you hold about how people should act in these situations?
 - d) Are there some big ideas you subscribe to that are touched on here?
6. **Ask about the Commitments that are linked to these principles. Remember, commitments are principles that are frequently expressed in action.**
 - a) Do you do other things that reflect this principle?
 - b) How else does this principle get taken up or put to work in your life?
 - c) Tell me about some actions you take that are in line with this principle.
 - d) Have you found contexts of life (e.g. at work) where you have done other things for the same general reason?