

Re-Authoring Map Exercise

An exercise with one interviewer and one person being interviewed.

Ask the interviewee to tell a story about something they did recently that seemed to be a good step for them. Then follow-up with these questions:

- 1.** What does this action say about what's important to you, what you might want for your life or the direction you want to go in?
- 2.** Now tell me about something you did in the past few years that seems connected to these values.
- 3.** What would you say you were trying to do? What was important or valuable for you about this moment or time?
- 4.** When else have you done anything that reflects similar values? Describe something else you did from even further back in your life – perhaps from your childhood - that reflects a similar interest or value?
- 5.** What was it that you were particularly interested in back then that was behind this action and influenced you to do this? What would a keen observer – perhaps a close parent or teacher – have said this showed about the kind of person you are?
- 6.** As you go forward now in life what might you consider doing that is in harmony with this direction you have been taking your life in for so long?