

Interview with Care

The storyteller decides what is shared, recorded and kept



ASK FIRST

Explain who will hear or read the interview. Ask before recording. The storyteller may skip any question, pause or stop at any time.

AGREED BEFORE WE START

- ☐ The storyteller chose whether to participate.
- ☐ They may skip any question or stop at any time.
- ☐ Recording permission was discussed before recording began.
- ☐ The intended audience and storage location were agreed.
- ☐ Sensitive names, addresses and account details will not be published.
- ☐ The storyteller can review or correct the transcript if desired.

THIS INTERVIEW

STORYTELLER

INTERVIEWER

DATE

WHO MAY HEAR OR READ IT (THE AGREED AUDIENCE)

TOPICS THE STORYTELLER WOULD RATHER NOT DISCUSS

"I would rather skip that" is a complete answer. A family history is a shared relationship, not a demand for disclosure.

Keep account numbers, passwords, exact addresses, medical records and details another living person has not agreed to share out of this workbook.

Twenty Family Story Questions

Choose the questions that feel welcoming; tick each one you asked



- ☐ 1. Where and when were you born?
- ☐ 2. What is one of your earliest memories?
- ☐ 3. What was your childhood home like?
- ☐ 4. Who made you feel safe when you were young?
- ☐ 5. What games did you play?
- ☐ 6. What meal reminds you of home?
- ☐ 7. What school memory still makes you smile?
- ☐ 8. What did you want to be when you grew up?
- ☐ 9. What was your first job?
- ☐ 10. How did you meet an important friend or partner?
- ☐ 11. What family tradition matters to you?
- ☐ 12. What celebration do you remember best?
- ☐ 13. What place shaped who you became?
- ☐ 14. What was difficult, and what helped you through it?
- ☐ 15. What achievement are you proud of?
- ☐ 16. What changed most during your lifetime?
- ☐ 17. What has stayed important to you?
- ☐ 18. What advice would you give your younger self?
- ☐ 19. What story should our family keep telling?
- ☐ 20. What message would you like future family members to hear?

QUESTIONS TO COME BACK TO ANOTHER DAY

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

One Memory in Detail

One story with the sights, sounds and people that make it real



STORY TITLE

WHEN AND WHERE DID IT HAPPEN?

WHO WAS THERE?

WHAT HAPPENED?

WHY DOES THIS MEMORY MATTER TO YOU?

Interview Notes & Follow-Ups

Listen first; use this page for details to check and stories to revisit



STORYTELLER

INTERVIEWER + DATE

NAMES, PLACES OR WORDS TO SPELL CORRECTLY

FOLLOW-UP QUESTIONS

STORIES, PHOTOS OR LETTERS TO FIND LATER

RECORDING / FILE LOCATION (NO PASSWORDS)