

Interviewing Myself

Objective: Ask oneself five questions and write responses in order to dig deep inside and explore one's core issues and beliefs. This exercise is meant for the writer to begin a journey into the places in one's mind and soul that deserve looking into. It is a writing exercise that you should feel free to keep to yourself or share with someone you trust. Each response should be at least 75 – 100 words. Or more.

Prompts

- What matters to you? Why? List the people, things, activities and ideas that matter most and explore them in your writing.
- How do you feel about your life right now? What's working? What are your conflicts?
- What is your biggest fear? What would happen if you confront that fear? Why keeps you from dealing with this fear?
- What have you seen or experienced that made you happy? Is there a story that goes along with this experience that you feel you can write?
- What have you seen or experienced that upset? Is there a story that goes along with this experience that you feel you can write?
- What have you received? How has that impacted your life?
- What have you given? How has that giving impacted your life?
- What are the political and social issue(s) that most concern you? Why do these issues matter to you?
- If you are a person of faith or have a religious or spiritual practice, what do you ask for when you are overwhelmed or confused?
- If you are not a person of faith or do not have a religious or spiritual practice, what do you do when you are overwhelmed or confused?
- What is a question or issue that you really don't want to think about or answer? Why? What scares you about that subject?
- What issue or conflict do you think about over and over again? Why does this matter so deeply to you? What do you do to resolve this issue or conflict?
- What brings your happiness or joy on a daily basis?
- What do you need to work on?

Alternatives

Interview a best friend.

Interview a teacher or coach.

Interview someone you don't know.