



General reflectional questions based on the interview structure



They can be used both in individual sessions and groups.

Part 1 of the interview: Challenge

Part 2 of the interview: Coping

Part 3 of the interview: Lessons

What were the challenges the person in the video faced?

(Describe briefly or use keywords)

What emotions, thoughts, or behaviors did the person experience while going through the challenge?

(Pick the ones you find important and try to describe them in-depth)

Do you relate to any of the challenges the person faced? How?

(Describe briefly an example from your life and how it relates to the person's situation)

Which of the emotions, thoughts, or behaviors the person talks about can you relate to?

(Describe how you relate to them)



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What steps were the most helpful for overcoming his/her/their challenge(s)?

(Describe briefly or use keywords)

How did these steps positively affect the person?

(Think of different areas that were affected - E.g., social and everyday life, physical health, emotional well-being)

What similar steps have you taken and what was the outcome?

(Think of areas that could have been impacted - E.g., social and everyday life, physical health, emotional well-being)

Which step that helped the person in the video would you try and why?

(Pick one and describe in-depth)