

Self-Interview

Name and birthday:

Date:

1. Who do you feel good being around?
2. Who do you feel good talking with on the phone?
3. What group do you feel good to be a part of?
4. Whose life has been (even a tiny little bit) better because of you?
5. After having hard times, some people become really sensitive and in tune with other peoples' feelings. Do you think this applies to you?
6. Some people go on walks or have a plant or pet. How do you spend time with nature?
7. What do you do to move your body?
8. Think about today. Can you name one thought that brought on each of the following feelings?
 - a. Mad
 - b. Scared
 - c. Sad
 - d. Relaxed
 - e. Excited

9. When they feel lonely but can't or don't want to connect with anyone, some people do things such as close their eyes and breathe, read a book, look at the sky, or watch shows. If you can't reach another human, how do you soothe your natural loneliness?

10. Basic needs are food, sleep, water, shelter, interactions with others, good hygiene, and good health. What basic needs are you meeting for yourself?

11. Think of a moment you felt good on a really deep level, and say what it was.

12. "Bad" feelings (pain, sadness, fear) are really helpful because they are trying to protect us, or help us understand what is happening. What helpful things do you think your "bad" feelings are trying to tell you?

13. Some people like to drum, whistle, sing, dance, snap, or clap. Even the heart beats with rhythm. Name one way you make a rhythm.