

VET INTERVIEW WORKSHEET

1 Ask Questions

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| <ul style="list-style-type: none"> • Is this the context where this kind of meaning is relevant? • How can we make this context more specific? • When do you want to remember to approach things this way? • Can you tell me about a time attending to this was important? A time it wasn't the most important thing? | <ul style="list-style-type: none"> • When you were experiencing meaning, what were you attending to? • How do you want to show up? • What actions will you take? • Before you learned this value, was there a different way that you were approaching things? • What will you remember to do? | <ul style="list-style-type: none"> • What's your motivation for doing this? • How will it make you feel? • What meaning does this have for you? • If any single benefit was removed, would you still choose to live this way? • Do you pay attention to the outcomes when you approach things this way? |
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2 Sort what the subject says into Context, Attention and Meaning →

At each step, repeat back to the subject what you wrote, and ask what fits and what to discard.

Context	Attention	Meaning
<i>When.....</i>	<i>I pay attention to...</i>	<i>I get this feeling / result.</i>

3 Check Your Final Answer

When _____	I will _____	To _____
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1. Really an attentional policy?

Is this really the way they will try to approach this?
Is this something you really pay attention to? When?

2. Really a value (diffuse-benefit)?

Is there a particular benefit as the main reason to do this?
Does this drive meaning?

3. Really the story's source of meaning?

If you had been in exactly this situation, but your attention had not gone to this specific thing, would it still have been a meaningful moment?

4 Gift to Interviewee

Final version that they give back to you

When _____	I will _____	To _____
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