

THE HEALING POWER OF STORYTELLING -- EVEN DIFFICULT STORIES

SYDNEY WALKER

What a reporter learned from interviewing strangers about hard experiences and why it was easier to gather their stories than you might think. Learn and apply these same principles to interviewing your family.



- 1 Every family has happy and hard stories. We need to tell both.
- 2 Healing looks different for everyone.
- 3 People are more willing to talk about hard things than we might think. They just need an invitation.

“The more we can open up and be vulnerable about our own struggles, it allows others to open up and we can heal together.”
Cameron Perkins

9 TIPS

for *interviewing* someone about hard *experiences*

1. Prepare thoughts and questions ahead of time
2. Start out with easy questions to build trust
3. Have a conversation — don't drill them with questions
4. Silence isn't awkward. It's a good thing
5. Listen with compassion, not judgment
6. Don't be afraid to be emotional with them
7. Ask follow-up questions ("What did you mean when you said ... ?")
8. Do multiple interviews
9. The best question to end with: "Is there anything else you'd like to say?"

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