10-Question Family Interview Guide

A gentle starting point for conversations with a parent, grandparent, or older relative.

Use these as invitations, not a checklist. Ask one, listen, and follow the detail your relative wants to share. They can skip a topic, pause, or stop at any time.

---

01 Begin with a place

What was home like when you were growing up?

Notes

---

02 Invite one memory

Can you tell me about a day from your childhood that you still remember?

Notes

---

03 Ask about someone important

Who had a big influence on you when you were young?

Notes

---

04 Make room for a family tradition

Was there a meal, holiday, or small routine our family used to share?

Notes

---

05 Follow a life event

What is a change or turning point you remember clearly?

Notes

---

06 Close with what matters

Is there something you hope our family will remember?

Notes

---

07 Remember a move or journey

Which move or journey changed what everyday life looked like for your family?

Notes

---

08 Picture an ordinary day

What kind of work or responsibility filled an ordinary day during a time you remember well?

Notes

---

09 Follow a family keepsake

Is there an object, photograph, or letter that brings a family memory back to you?

Notes

---

10 Pass along a lesson

What is a belief or lesson you learned from your family that has stayed with you?

Notes
