

# Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI

  
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## Family Story Interview Guide

### **Capturing stories before they're lost.**

There's a particular kind of regret that sets in after a grandparent dies and you realize you never asked the questions you meant to ask. The stories you assumed you'd always have access to turn out to have been carried entirely by one person, and when that person is gone, the stories go with them. The Family Story Interview Guide exists so you don't have that regret about anyone you still have time to sit down with.

These questions aren't meant to be rushed or completed in one sitting. Pick a few, follow the energy of the conversation, and let stories unfold the way they want to. The point isn't to get through the list. The point is to make space for someone to tell you what they've been carrying.

You can use this guide to interview grandparents, parents, aunts and uncles, older relatives, or anyone whose story matters to your family. Recording on a phone or a simple camera is more than enough. Presence matters more than production.

### **Section 1 — Early life and childhood**

Where were you born, and what was that place like when you were growing up? What are some of your earliest memories? What did a normal day look like when you were a child? What kind of games or hobbies did you love? What responsibilities did you have growing up? Who were you closest to, and why? What did your family value most when you were young?

### **Section 2 — Family, culture, and traditions**

What traditions did your family have that you remember fondly? Were there family sayings, mottos, or rules that stood out to you? How did your family celebrate holidays? What role did faith or spirituality play in your home? What cultural or generational values shaped how you were raised? What was expected of children in your family, and how did that shape who you became?

### **Section 3 — Education, work, and purpose**

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What was school like for you? Did you enjoy learning, or did you have to find your way to it later? What was your first job? How did you choose your career or your life's work? Were there moments when your life took an unexpected turn? What skills helped you most over the years? What do you wish you'd learned earlier?

## **Section 4 — Love, marriage, and relationships**

How did you meet your spouse or partner? What do you think makes a marriage strong? What was hard about relationships in your generation? What helped you work through disagreements? What advice would you give about love and commitment? How did you try to show love to your children?

## **Section 5 — Parenting and family life**

What surprised you most about becoming a parent? What values did you try hardest to pass on? What do you think you did well as a parent? What do you wish you'd done differently? What brought you the most joy as a parent? How did you handle discipline and responsibility?

## **Section 6 — Hard seasons and resilience**

What were some of the hardest moments in your life? How did you get through difficult seasons? Were there times you felt lost or uncertain? What gave you strength when things were hard? What did hardship teach you about yourself? Is there a challenge that changed you in an important way?

## **Section 7 — Faith, meaning, and beliefs**

How have your beliefs changed over time? What gives life meaning for you now? Were there moments when your faith was tested? What spiritual lessons have mattered most to you? How do you define a good life?

## **Section 8 — Wisdom, perspective, and legacy**

What are you most proud of in your life? What do you hope your children and grandchildren remember about you? What values do you hope continue in our family? What advice would you give to future generations? What do you wish people understood better about your generation? Is there anything you want to say that you haven't had the chance to say?

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## Section 9 — Closing questions

If you could go back and tell your younger self one thing, what would it be? What brings you peace today? What are you grateful for right now? Is there a story you'd like to tell that we haven't asked about?

### Recording tips

Let silence happen. Don't rush to the next question when someone pauses, because the pause is often where the real answer is being assembled. Follow stories that spark emotion or laughter, even if they wander away from your list. One conversation is enough. More is a gift. You don't need perfect lighting or sound. Phone audio is more than enough, and the imperfection is part of what makes it feel like the person rather than a production.

### A note on follow-up questions for kids and teens

If your children are part of the interview, you can prepare them ahead of time with a simple AI prompt to help them think through respectful follow-up questions. Something like *Help me prepare thoughtful follow-up questions based on this interview, focused on curiosity and understanding rather than correcting or judging*. The goal is for them to listen well, not to perform.

### Why this matters

These conversations don't just preserve memories. They give children a sense of belonging — a place in a long story they didn't start and won't finish. They teach resilience, humility, and gratitude in a way no textbook ever could.