



Self Discovery/Perception Interview

In this interview, you should ask 5 of the people you are closest to the following questions to gain greater knowledge of how you are perceived to those around you. Be sure to ask those you know will answer honestly. Start off with the following statement.

"I would like to ask for your help. I would like to interview you about your experience with me so I can see how I show up through a new set of eyes. The more honest and direct you are in this process, the better. Nothing will damage our relationship in any way. In fact, it will really help me grow and strengthen our relationship."

Ask each question and do not react to the answer. Simply record the answer and say "thank you, _____, is there anything else?" Then move on to the next answer.

Based on your perspective, what are my strengths?

Based on your perspective, what are my weaknesses?

Based on your perspective, what can you count on me for?

Based on your perspective, what can you not count on me for?

Based on your perspective, who do I have to forgive?

Based on your perspective, whom should I ask for forgiveness from?

Is there anything else you would like to add?



Name: _____

Date: _____

I would like to ask for your help. I would like to interview you about your experience with me so I can see how I show up through a new set of eyes. The more honest and direct you are in this process, the better. Nothing will damage our relationship in any way. In fact, it will really help me grow and strengthen our relationship.

1. Based on your perspective, what are my strengths?

Thank you, is there anything else?



2. Based on your perspective, what are my weaknesses?

Thank you, is there anything else?



3. Based on your perspective, what can you count on me for?

Thank you, is there anything else?



4. Based on your perspective, what can you not count on me for?

Thank you, is there anything else?



5. Based on your perspective, who do I have to forgive?

Thank you, is there anything else?



6. Based on your perspective, whom should I ask for forgiveness from?

Thank you is there anything else?



Is there anything else you would like to share or add?