

**T02 Interview sheet**

**A COURAGE INTERVIEW**

**Instruction**

In order to face the future and the world of work, people are increasingly requested confidence in the own ability, hope, optimism, positive attitudes toward the future, and courage.

Please could you tell me your thoughts about the following issues:

**What do you mean for you to be a refugee?**

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**What do you mean for you having hope?**

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**What do you mean for you having courage?**

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Coping with the future is actually very challenging. Planning for the future requires investment, patience, and persistence. Someone asserts that sometimes it is also necessary to be a very courageous people.

Have you never been courageous in your life?  YES  NO

If yes, please could you describe a situation where you behaved in a courageous way? In telling this story, please could you say **when and where** it happened, **who** was present, **what** did you **think** and **act**, what did you **feel** and what did you **achieve** with your courageous act and eventually what the **other people behaved**.

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(Please, pay attention and check that the client tell his/ her thoughts and acts in that situation).

What did you achieved and how did the others behave? If you wish you could add more.

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How much courage do you think you showed in this situation?

very low     low     fairly     good     a lot

(Please, pay attention to close the interview highlighting positive aspects, courageous acts, strengths).

