



Reflections on Rupture: Finding Meaning in the Mess of Crisis, Grief and Loss

Interview Questions

1. How did your relationship to the crisis transform or change your relationship to yourself and your work?
2. What did you need from others? What forms of support were most impactful for you?
3. What did you need from yourself?
4. What individual practices helped you heal and grow? What were the rituals that kept you on the life raft?
5. Reflect on your personal and professional identities. What sense of duty or identity did you feel compelled to uphold? What did this experience allow you to let go of, and what did you need to hold onto? (Consider examples of surrender and effort)
6. What new wisdom or perspective needed to be integrated into your life and your decision making?
7. How did these personal changes change the way you engage with your professional work?
8. How did you know when you were moving from the stages of crisis response to renewal? What did that look like for you?

(Context: Recovery/response typically refers to the immediate actions taken to restore functionality and address the short-term impacts of an event. Renewal focuses on healing, making sense of the event, and fostering resilience in the aftermath)

9. What would you tell someone who is currently going through the same experience you did and is still in the eye of the storm?
10. What was your greatest takeaway from the experience? What wisdom and insight did you gain that you may not have learned without the experience of crisis or loss?
11. From where you sit now, what does renewal mean to you?

