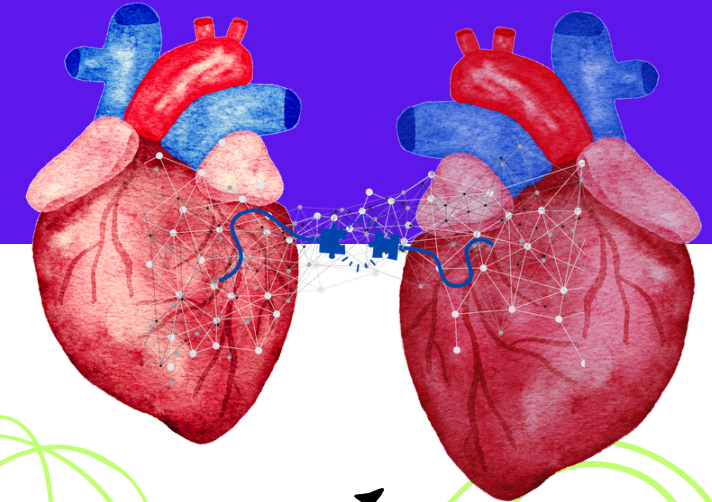




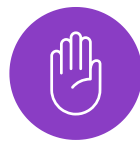
Human Centric Interviewing™ (HCI) reference card



CUES:

they *Experience it* & we *Gather the experience*

- Simple and Open-Ended Cues
- What are you able to share about your experience
- Tell me about what you could see, hear, feel, smell, taste...
- How did your body feel?
- Tell me about the temperature
- What are you not able to forget?
- What was the most difficult part of your experience?
- How has this experience changed (or impacted) your life?
- Is there anything else you would like to share?



co-regulation
through connection



PAUSE



PROMPTS:

- Tell me more, Say more about...
- How did you react to...
- What were your thoughts when...
- Notice that or when...
- Help me understand...

SEMANTIC PROMPTING:

- You mentioned a red truck, tell me more about the red truck
- You said it was scary, tell me more about scary
- You said they touched you, tell me more about touching you
- You mentioned hearing music, tell me more about the music
- You said you had to be quiet, tell me more about having to be quiet



©2026

www.strandsquared.com

HCI reference card: **what not to do**

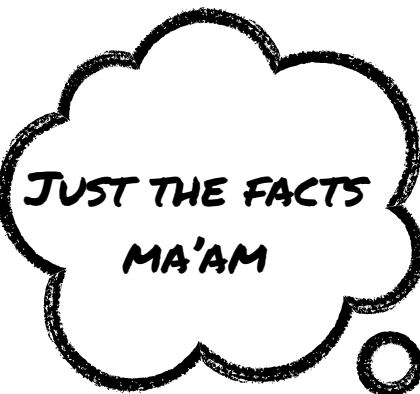
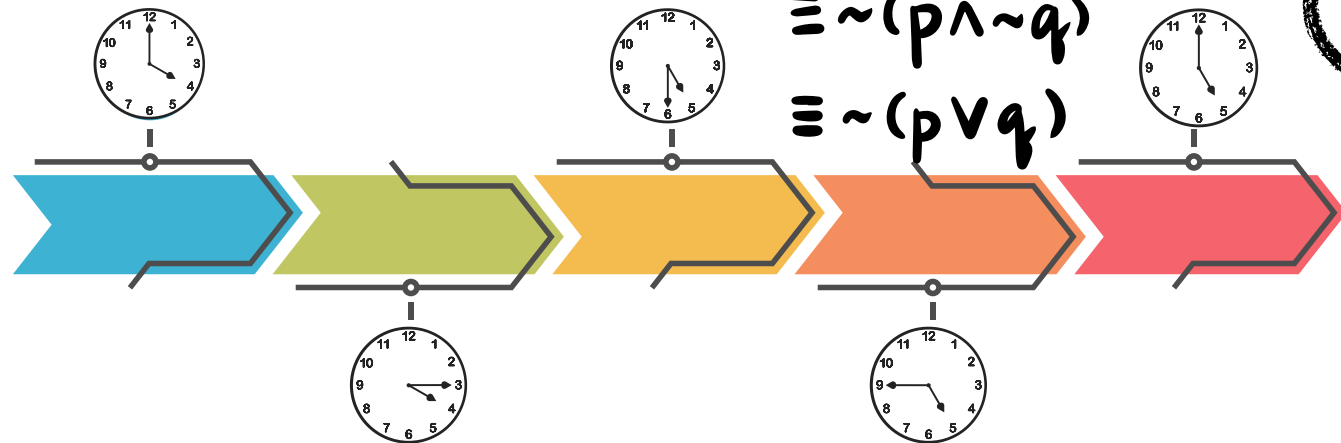


PHRASES TO AVOID:

- Tell me everything?
- Yes or no?
- Why...
- What happened next?
- Are you sure?
- How would you explain...?
- Did you...? Didn't you...?



$$\begin{aligned}\sim(\sim)(p \rightarrow q) &\equiv \sim\sim(\sim p \vee d) \\ &\equiv \sim(p \wedge \sim q) \\ &\equiv \sim(p \vee q)\end{aligned}$$



ACTIONS TO AVOID:

- Leading questions
- Closed-ended questions
- Compound questions
- Multiple choice questions
- Judging/bias
- Paraphrasing
- Confrontational questions
- Interrupting
- Not pausing
- Hypothesizing
- Sequencing
- Rushing the interview

