

STORIES



The Twenty-Minute Family Story: Preserve a Voice Without Turning the Visit Into an Interview



A PRACTICAL COMPANION TO THE GUIDE

Plan a short family-story conversation with consent, focused prompts, a listening map, and a review process that leaves the storyteller in control.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01

Choose the bounded subject

Write one place, object, skill, or routine you want to ask about. Add why it matters and what is outside the scope. Prepare no more than three opening prompts. A bounded subject gives the storyteller a manageable invitation and gives you a realistic chance of finishing a coherent record.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Record the sharing agreement

Note whether the person wants notes, audio, or no record. Write the intended audience, storage location, review process, and any restrictions. Keep publication permission separate from conversation permission. If the plan changes later, return to the person rather than treating the original agreement as unlimited.

YOUR WORKING RECORD

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EXERCISE 03



Prepare the listening conditions

Record time, location, hearing needs, device choice, and the result of any audio test. Check automatic upload settings and who can access the device. Add a simple alternative if the technology fails. The room and method should support the person, not make them manage your equipment.

YOUR WORKING RECORD

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EXERCISE 04

Keep a detail and uncertainty map

Use separate spaces for exact words, paraphrase, names to confirm, and approximate dates. Mark a pause or skipped subject without filling it in. This map protects the difference between what you heard and what you later inferred. It also makes the review conversation easier and more specific.

YOUR WORKING RECORD

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EXERCISE 05



Draft one reviewable page

Write a short beginning, event sequence, and closing meaning. Keep your own reflection separate. Label paraphrase and uncertainty. Bring the page back to the storyteller and record corrections or removals. A reviewable page gives permission a practical form instead of leaving it as a vague intention.

YOUR WORKING RECORD

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EXERCISE 06

Save a usable final record

Record filename, date, subject, approved audience, backup location, and any access limits. Keep the agreement with the story. Write what must happen before future sharing. A saved voice is useful only if someone can find it and understand how the storyteller wanted it treated.

YOUR WORKING RECORD

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