**TRANSCRIBER NAME:**

**Date:**

**Participant #:**

Interviewer (Code in Blue):

Participant (Code in black):

**Interview Guide**

1. **Standard Interviewer Question (SIO): How many siblings do you have?**
   1. **SIO: What is the birth order?**
   2. **SIO: What is the gender of each sibling? (align with birth order)**
2. **SIO: If you think of your life experiences, what might you describe as your crucible or life shaping experiences?**
   1. **SIO: How did those experiences factor into your experience at BUD/S?**
   2. **SIO: How do you think your personality contributed to your progression through BUD/S?**
3. **SIO: Describe your background that led you to pursue becoming part of the SEAL community.** 
   1. **SIO: Tell me a little bit about your childhood. For example, how were you disciplined as a child? How would you describe your parents parenting style? (spanking, timeouts, withholding toys, etc.).**
   2. **SIO: Tell me about your teenage years? For example, did you move around? Did you participate in a team sport or an activity with a tight knit community? (ask what specifically that sport or activity was)**
   3. **SIO: What have you done in the last 5 years of your life (prior to BUD/S training)? Would you consider yourself impulsive? For example, do you have any tattoos?**
4. **SIO: What motivates you on a daily basis?**
5. **SIO: What was the most challenging component of BUD/S? (Holistic question) (Think about your hardest day or event at BUD/S)**
   1. **SIO: What motivated to push through? Did you feel like you were supported by the group?**
   2. **SIO: What practices (physical, mental, spiritual) did you utilize to push through the challenges?**
6. **SIO: When you made a difficult decision during training at BUD/S, what went through your mind as you made that decision?**
   1. **SIO: Can you provide an example?**
7. **SIO: Why do you think you were successful in completing BUD/S?**
   1. **SIO: Did you notice anything different about those that did not make it? If so, can you describe those differences?**
8. **SIO: BONUS QUESTION - How did this experience change you as a person?**