

Take The Five Why Journey

Wild Spruce Media
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HOW TO USE THE FIVE WHYS IN STORYTELLING

The Five Whys uses active listening to rephrase the last response. By looking for answers beyond the first response we find the deeper why and meaning behind an action or a thought.

Example with Notes

To begin, start with your original question.

For example, here is a self-discovery of why I went back to school.

Q1. Why go back to school?

A1. I want to finish what I started years ago, I want to have my anthropology degree.

Now use the information gained in the first answer to create the second question.

Q2. Why is having an anthropology degree important to you?

A2. I love learning, finding new ways to explore culture and connections. Learning the things I don't know, I don't know.

There are a couple of paths to explore here, take one and circle back for the other if you want additional information.

Q3. Sure, but you can learn these things reading books and watching films. Why school?

A3. I love the deep dive to understanding the material, the critical thinking, the observing and the participating that comes with being in school. I love the access to information and mentors and beyond the school there is a sense of community a sense of belonging in this space.

This is good, but what we are looking for is a conflict, a problem that being in school, or obtaining the degree resolve.

Q4. Tell me more about feeling like you belong, you have a family, a business, why does belonging in school matter?

A4. I don't know, there was a time when I was told I didn't belong, that I wasn't made for university, and I took that on. I didn't go. Now I find myself in this space of connecting family culture, to the way families document their stories for the next generation. The connections I'm finding are creating magic for me, and what I'm learning is enhancing my own family connections and business. It's exciting to be here now.

Now we have deeper information that gives a sense of motivation. There are lots of ways we can continue to flesh out the story, but what I want to demonstrate is that by not taking that first response and using active listening we've learned so much more.

Whether this is a self guided exercise or a conversation with a loved one it can lead to richer material for a story, and it can create a memorable experience.

Complete at least three why questions and three answers

Write your first question:

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Complete at least three why questions and three answers

First Answer:

Second Why:

Second Answer:

Third Why:

Third Answer:

Fourth Why:

Fourth Answer:

Fifth Why:

Fifth Answer:
