

Regular Chat Room
April 9th and 11th, 2024

Theme: New Life (新生活)

Self-introductions for new participants:

- What is your name?
- Where are you from?
- What do/did you do for work (job title, raised children, etc.)?
- What do you like to do for fun?

Questions:

1. In Japan, April 1st is a time for big changes. What big changes have you experienced on or around April 1st?
 - a. What changed?
 - b. Were you looking forward to the change?
 - c. How did you respond to the change?
 - d. What good things resulted from the change?
 - e. Have you experienced a big life change any time other than April 1st?
 - f. What was your life like afterward?
2. Have you ever struggled as a result of a big life change?
 - a. How did you overcome the challenge?
 - b. Did you maintain a positive mindset? How?
3. How have you supported a friend or family member going through a big change?
 - a. Has a friend or family member ever supported you through a big change?
4. Remember a time when you experienced a big life change.
 - a. Were there any items you needed in your new life that you didn't have before?
 - b. Did you meet any new people? Who were they?
 - i. How did they affect your life/work?
 - ii. What effect did you have on them?
 - c. Did your surroundings change (new city, new workplace, etc.)?
 - i. How were your new surroundings compared to your old ones?
 - d. How long did it take for you to get used to your new life?
5. Do you have any big changes coming up in the future?
 - a. What are your hopes for your new life then?