# Section 1: Timeline

Introduce axes. Plot since last interview, including:

* **High points** (most rewarding, positive etc) / low points / periods of emotional intensity
* **Key events/turning points** (sentence, life beyond prison) – internally or externally generated?

[Prompts]

* Which prisons? Significance of D Cat/Open, or other establishments
* Shifts in direction of personal development?

**And what about the years before our first interview? *[just brief – high/low points]***

# **Section 2: Release and Transition**

1. What did it feel like to be *finally* approaching release?
2. What was your experience of the Parole Board process like? *[prompt: how did you feel about the way you were described by the reports / the Board itself?]*
3. Can you remember your emotions on the day? How did you feel when you first stepped through those gates? *[Who met you? What did you do? What struck you initially?]*
4. What were those first few days and weeks like, after so many years inside? *[prompts: How did you feel? Hardest /easiest part of the transition?]*

# Section 3: Adaptation *[longer-term processes of adapting to life in community]*

1. In three or four words, can you sum up how you are generally feeling at the moment?
2. How has the experience of adapting to living in the community been for you?
   * What have been the main challenges & how have you dealt with these?
   * How has it been different from what you expected?
   * What are the things you have treasured most about being out of prison?
3. How accurate was your sense of what release /the outside world would be like? *[probe re aspirations based on LTP1] [prompts: Things you couldn’t bear to think about while inside?]*
4. In what ways were you prepared and unprepared for life beyond prison? *[prompts: Emotional/work/home leave etc]*
5. Do you feel that you have ‘adapted’, or are still adapt***ing*** to living in the community? How could you tell?
6. Where do you feel you belong?
   * What does ‘belonging’ mean to you now?
7. How different does the world now feel compared to the one you left when you went to prison?
8. To what extent/in what areas do you feel that you have control of your life out here?
9. To what extent do you feel ‘safe’ out here? *[For the women probe re partners and DV]*
   * Did you feel safer in prison, or out here? *[probes: Physical v psychological safety; Relevance of offence - victim and/or media attention]*
10. How does time feel to you out here? *[probe: Same or different to how it felt when in prison?]*
    * How far ahead do you think and plan?
11. How has your health been since release? *[probe: mental & physical. Improved or worsened?]*
12. Can you tell me about your situation with regard to employment and accommodation?
13. To what extent do you feel the label of your conviction or the stigma of your sentence affects you out here? In what way? *[(a) how you feel (b) how others treat you]*
14. Are there ways in which the sentence, or your experience of imprisonment, have stayed with you? *[e.g. habits, attitudes, ways of walking/talking]* Do you try to make yourself less prison-y?

# SECTION 4: Coping, agency and reflexivity

1. Since your release, what have you spent most time thinking about?
2. How hopeful are you feeling right now?
3. What are the main things that give you hope right now?
4. What are the main problems and frustrations for you at the moment?
   * Have they changed since first released?
5. Are things that feel easier? (Less painful? Or better at dealing with the pain? E.g. Backache)
6. What are your general coping techniques?
   * Who do you talk to or consult when there are things on your mind?
   * Did these techniques exist pre-prison, or were they developed during sentences? (e.g. courses)
   * How important have things like faith / education / therapy/gym been for you? How much do they help your decision-making?
7. What are the things in your life that you plan or debate in your head?
   * Who do you take into consideration when you are making your plans and decisions? Do you have conversations with them in your head/ in reality?
   * Thinking about any key decisions that you have made in the last few years, can you talk me through your thinking process and how came to that decision?
     1. How did you weigh up risks and gains?
     2. Who or what helped you make that decision? [faith, education, therapy, etc?]
8. What are the things about the future that you rehearse in your head or imagine?
9. What are your main goals in life now?
   * What do you do in your daily life to work towards those goals?
   * How possible is it to live in a way that is consistent with those goals? *[if relevant: what is it that gets in the way of you achieving those goals, e.g. the system, other people, yourself]?*
10. How much have your aspirations changed since our first interview/ or since release? *[Global prompt]* (Also, what specific processes / people /realisations were involved?)
11. What are the things that you re-live or dwell on? (prompts: problems, situations, relationships; unwanted thoughts in relation to your past, or in relation to your future?)
12. How much do you think about the original offence?
    * How much of this is self driven, and how much is Probation-led?
    * Has the way you think about it changed since our first interview/ since release? *[Global prompt]*
    * How much does it intrude on your everyday life? In what ways? [Media, stigma]
13. How do you feel now about the length of your sentence and the amount of time you served?
14. Looking back, are there ways in which you feel that your race / ethnicity / religion / nationality shaped your experience of long-term imprisonment? What impact did that have on you – then, and now?

# **Section 5: Depth**

1. How ‘normal’ does it feel to you out here?
   * What feels more normal to you: the prison or the world you’re in now? *[Global prompt]*
   * Are there things out here that *just* don’t make sense to you?
   * What things you are now struck by, in terms of what was normal/abnormal to you when inside?
2. To what extent do you feel ‘free’ now? *[suffocating, constraining, abnormal and insecure]*
3. What’s it like being back around a much wider range of people? *[M/W/children/old people]*
4. When do you think you felt like you were in the deepest point of your sentence? *[most disconnected from the outside world* / *when the outside world felt least relevant to you?]*
5. When during your sentence were you most angry/alienated?

# Section 6: Perceptions of self/ identity/ meaning

1. How does the person you are **now** compare to:
   * The person I met at our first interview *[probe based on Interview I]*
   * The person you were when you were first released
   * *[If relevant]* Which of these changes were driven consciously by you? Which were a result of the prison (environment) forcing you to change? *[Global prompt]*
2. Do you [***still*** *- depending on LTP1*] feel that serving the sentence improved you?
   * Are there ways in which imprisonment was painful or damaging that you’ve only realised since you were released?
   * Do you think you were ‘institutionalised’?
   * How has imprisonment affected you emotionally overall i.e. hardened / softened?
3. To what degree do you think you have matured since you started your sentence? In what ways? What age do you feel now?
4. Are there specific life events or experiences that you feel you missed out on?
5. Is the person you are now the real you? [or the person you were in prison/pre prison?]
   * If relevant: When did the ‘real you’ begin to emerge?
   * Can you be completely your ‘real self’ out here? With whom, and where? Parts of your character you can’t show?

# Section 7: Relationships with people outside

**Family**

1. How have your relationships with **family** changed since our first interview?
2. And how have they changed since release? (Living with family members? Which aspects enjoy most / find most difficult?)
3. What has been the overall impact of the sentence on your family relationships? *[prompt brought them closer or pushed them away?]*
4. [If relevant] How have you adapted to your role as partner/son/daughter since release?
   * How easy/difficult has that been?
   * In what ways are you supporting your family members and vice versa? Financially/ emotionally?
   * Feelings of dependence?
5. [If relevant] How have you managed to ‘be a mum/dad’ to your child/children since release? How does this compare to when you were in prison?

**Friends & intimate relationships**

1. We’re interested to know about your relationships with **friends from outside prison**. Have they changed since our first interview? *[Probe from LTP1– Have you lost contact with anyone? Or reconnected friends you’d previously lost contact with? Why/how/whose choice?]*
2. Have you developed any new friendships since you were released?
3. What about people who you were close to in prison? Have you stayed in touch with anyone you were close with during your sentence? *Were any of your friendships particularly intimate?*
4. Have you developed any intimate or sexual relationships since being released?
5. Since being released, which people have been most important in helping you navigate life?
   * E.g. support groups, religious groups
   * What’s the most important things that you get from your relationships with these people?
6. Do you talk to anyone about what you went through during your sentence?
   * What are the things you do and don’t discuss? Who with?
   * Are there things that you didn’t talk about at the time but have now revealed? Who to?

# Section 8: Relationships with Probation and post-release tightness

*We’re also interested in your relationships with Probation staff [or MAPPA-etc].*

1. How are you finding the experience of being on life licence?
2. How reasonable do you find your Licence Conditions?
   * + To what extent do you comply with them? Why?
     + What kind of things do you do that aren’t fully compliant? Why? Like in prison?
     + How concerned are you by the possibility of being recalled?
     + Have you been recalled before / experienced any near misses?
3. What’s your relationship like with your Probation Officer?
   * How aware are you of the reports that are written about you by probation staff?
     1. To what extent do you feel that you are being ‘watched’ and ‘judged’ by probation staff? How does this affect how you behave?
   * How do you think your Probation Officer sees you?
   * To what degree do you feel that they care about you and your future?
4. Going back to that earlier question about the impact of race / ethnicity/ nationality / religion, are there ways in which you feel those things shape the service or support you get out here from Probation? (something about whether they perceive it shapes risk assessment?)
   * Have you noticed any changes in these attitudes over time? With what impact on you?

# Section 9: Reflecting back and looking forward

1. What do you know now that you wish you had known at the start of your sentence?
2. And what do you know now that you wish you known at the point of release?
3. Back in 2013/14, you said that in 5 years’ time, you imagined life looking this way: ***[read/summarise from LTP1].*** How close is that to your life now?
4. Can you imagine your life seven years from now – what do you think it will be like?
   * What are your main hopes and fears when you think that far ahead?
5. How hopeful are you about your future? What is giving you hope at the moment?
6. What do you most want to achieve from life post-release? [redemption?]

# Ending the Interview

* Was there anything you didn’t want to tell me, or maybe anyone, when we first spoke? [*Things ashamed of; worried about, feelings of guilt]*
* Was the first interview that we did significant for you at all?
* Why did you agree to do this interview?
* Is there anything *you* want to ask me?
* Is there anything that we haven’t talked about which you think would be interesting or important for me to understand?