

## Remembering and forgetting

### 1. What do you usually forget when you leave your house?

- *Responses:* "I often forget my keys." / "I usually forget to turn off the lights."
- *Follow-up:* *Why do you think you forget that?*

### 2. Where do you put things to help you remember them?

- *Responses:* "I put them near the door." / "I keep them in my phone's reminder app."
- *Follow-up:* *Does this method always work for you?*

### 3. When do you feel most forgetful?

- *Responses:* "In the morning." / "When I'm tired."
- *Follow-up:* *What do you do to improve your memory at these times?*

### 4. Who reminds you of important things at work?

- *Responses:* "My colleague." / "My boss."
- *Follow-up:* *How do they remind you?*

### 5. What do you do when you forget a password for an online account?

- *Responses:* "I reset it." / "I try different passwords."
- *Follow-up:* *How often do you need to reset your passwords?*

### 6. Where do you usually write down or save your login information?

- *Responses:* "In a notebook." / "In a digital password manager."
- *Follow-up:* *Is this a secure way to keep your information?*

### 7. When do you find it most difficult to remember your online login details?

- *Responses:* "After not using the account for a while." / "After changing the password."
- *Follow-up:* *What strategy do you use to remember them?*

### 8. What strategies do you use to remember things?

- *Responses:* "I write notes." / "I set alarms on my phone."
- *Follow-up:* *Which strategy is most effective for you?*

**9. Where do you find it hardest to remember things?**

- *Responses:* "At the supermarket." / "In the office."
- *Follow-up:* *Why is it harder there?*

**10. What do you do to help yourself remember appointments?**

- *Responses:* "I use a planner." / "I get phone notifications."
- *Follow-up:* *Has this ever failed you?*

**Yes/No Questions****1. Do you often forget your wallet at home?**

- *Responses:* "Yes, often." / "No, I always check."
- *Follow-up:* *How do you make sure you don't forget it?*

**2. Have you ever been locked out of an account because of wrong password attempts?**

- *Responses:* "Yes, it's happened." / "No, I'm careful."
- *Follow-up:* *What did you do to regain access?*

**3. Can you remember names easily?**

- *Responses:* "Yes, I'm good with names." / "No, I struggle."
- *Follow-up:* *Any tricks for remembering names?*

**4. Do you set alarms to help you remember things?**

- *Responses:* "Yes, all the time." / "No, I don't like alarms."
- *Follow-up:* *What do you set alarms for?*

**5. Have you ever forgotten where you parked your car?**

- *Responses:* "Yes, sometimes." / "No, I always remember."
- *Follow-up:* *How do you find it when you forget?*