**Contemplative Reflection Form**

A Contemplative Reflection Form is the attempt to record a conversation in its unfolding as accurately as possible and then use the action-reflection model to process the conversation through various lenses. The questions in each section are designed to guide you in your spiritual reflection.

**Spiritual Director’s Name**

**Begin Writing Here:**

**I. Background**

|  |  |
| --- | --- |
| **Directee: *(fictitious name)*** | **Today’s Date:** |
| **Age:** | **Date of Session:** |
| **Ethnicity:** | **Length of Session:** |
| **Male/Female/Other:** | **Case Conference #:** |
| **Faith/Religion:** | **Length of Relationship:** |
| **Case Conference #:** | **Relationship Status:** |

**Title of this Contemplative Reflection Form**

**Begin Writing Here:**

**Medical Diagnosis** *(if relevant)*

**Begin Writing Here:**

**Spiritual Diagnosis**

**Begin Writing Here:**

What did you know about the directee before you visited?

How were you feeling when directee entered the room?

**Begin Writing Here:**

**II. Observation and Directee’s Initial Concern**

What were your first impressions as you began the session? Describe the directee, the immediate surroundings, and other observations you consider pertinent. Identify the first need/desire that the directee presented to you. This may be spoken or unspoken.

**Begin Writing Here:**

**III. Spiritual Director Opportunity and Plans**

What was your companioning task with this directee based on the information you had? As you spend time with a person, a direction should present itself to you and certain goals may be formulated in collaboration with the directee.

**Begin Writing Here:**

Why are you presenting this particular interaction? What aspects of it would you like to look at, investigate, or explore with the peer group and supervisor? Do you have specific questions you would like answered from your encounter with this directee that the group could help you with? How does your focus point connect with you learning goals (if at all)?

**Begin Writing Here:**

**IV. Contemplative Reflection Account of the Visit**

**Directions:**

**First Column (a):**

 **D1 =** directee-client Comment 1

 **C1** = companion-spiritual director-coach Comment 1

 ***B1*** = *(if another person is in the conversation, then add another letter of the alphabet)*

**Second Column (b):**

 List the conversation as exactly as you remember it.

**Second Column (Movement) (b):**

 Place in [ brackets ], for example, [directee gets a phone call].

**Third Column (c):**

 List your observations including non-verbal communications.

**Fourth Column (d):**

List your own internal processes (i.e. feelings, thoughts, internal dialogue, sensing, intuiting).

***Prayer:*** If there is a prayer. Type the entire prayer as best you can remember in column (**b**).

***Very Long Verbatim Template:*** *(See Appendix -A-)*

**Verbatim**

*(feel free to add/subtract rows as needed, depending on the length of your session/conversation)*

|  |  |  |  |
| --- | --- | --- | --- |
| **a.** | **b. Conversation** **[*movement]*** | **c. Observations** | **d. Thoughts:** **Feelings:** |
| **C1** | Hello, Mr. Hall.*[directee entered office]* | Directee looked tired | **Feeling:**A bit anxious**Thinking:**I wonder we will talk |
| **D1** | It’s great to see you. I’ve been looking forward to chatting with you. | Directee sounds serious | **Thinking:** He seems very serious**Feeling:** Curious |
| **C2** |  |  | **Feeling:****Thinking:** |
| **D2** |  |  | **Thinking:** **Feeling:**  |
| **C3** |  |  | **Thinking:** **Feeling:** |
| **D3** |  |  | **Feeling:****Thinking:** |

**VI. Assessment of the Client’s Desires**

Here are four lenses through which to view the visit. Consider these questions and use them as a guide to think about the session.

**Intrapersonal Desires** *(inside person)*

What are the major psychological needs, desires, conflicts, and concerns of this person? Does this person recognize these concerns? Comment on the person’s level of emotional maturity and/or self-awareness. How is this person dealing with this situation within him/herself? What are the person’s strengths? How are they being used? What dynamics can you observe in the current situation?

**Begin Writing Here:**

**Interpersonal Desires** *(between person and other)*

How is the person related to the community? Family? Friends? World? What is the impact of this illness upon this person’s relationships? How does this current situation affect this person’s relationship to church/synagogue/mosque/spiritual community? How does this person relate to you and other hospital staff?

**Begin Writing Here:**

**Transferential Concerns** *(between you and person)*

What effect has social and cultural background – yours and the patient's – had on this situation? What social dynamics were present between you and the patient? How are the two of you alike, how are you different?

**Begin Writing Here:**

**Transpersonal Desires** *(beyond person)*

What are the spiritual needs, desires that the person has? What needs, desires go beyond the material person?

**Begin Writing Here:**

**VII. Spiritual Assessment of the Patient**

Use both of the Spiritual Assessment Models and the Spiritual Care Plan below:

**VII.A - Holistic Model of Spiritual Assessment** *(adapted from Canda & Furman)*

*(We human beings are bio-psycho-social-spiritual beings ontologically)*

**1. Bio:** the person’s health, medical condition, medical diagnosis, physical symptoms.

**Begin Writing Here:**

**2. Psycho:** the scientific study of the human mind and its functions, especially those affecting

behavior in a given context. The person’s psyche, mental characteristics, attitude, personality,

type, psychological developmental, psychological diagnosis, feelings, thoughts,

behaviors. The person’s weaknesses-strengths, growing edges, gifts? Extrovert or Introvert?

Sensing or Intuiting? Feeler or Thinker? Perceiver or Judger/Discerner? Shadow, self, ego,

persona, conscious, unconscious, archetypes? Operate as parent or child or adult?

**Begin Writing Here:**

**3. Socio:** the study of the development, structure, and functioning of human society. The person’s

family, groups, economics, culture, ethnicity, gender, race, norms, ecology, religion, genogram,

family system, social groupings, and cosmological system. Culture, ethnicity, social location,

socioeconomics?

**Begin Writing Here:**

**4. Spiritual:** affecting the human spirit or soul as opposed to material or physical things. The person’s spiritual welfare, beliefs, meaning-making, ethics, vocation, emotions, authority, guidance, rituals, practices, myths, theology, and religion. How they make meaning, see the divine, experience relationships, and have the ability to find hope.

**Begin Writing Here:**

**VII.B - Logotherapy Model of Spiritual Assessment**

*(Adapted from Victor Frankl, Logotherapy)*

**1. Hope:** Does the person have a sense of hope? A will to continue? A sense of gratitude? Does the

person have hope for the future? Hope in this life? Does the person have hope for the future in

the afterlife? Is the future worth having? A will to continue? A sense of future possibilities?

Resilience over despair?

**Begin Writing Here:**

**2. Relationships:** Do they have a sense of community? Does the person have supportive, healthy

relationships? Reconciliation in their relationships? A sense belonging? A sense of integration of

grace and reconciliation? A sense of gratitude and thankfulness?

**Begin Writing Here:**

**3. Meaning-Making:** Does the person have something to live for? Is the person able to make sense

of life with their physical situation? Do they have peace about dying? Do they have a sense of

identity, self-awareness? Do they have a sense of purpose and direction? Do they have the

ability to contribute? Do they find meaning in present situations? Do they find a role and

purpose within their surroundings?

**Begin Writing Here:**

4. **Divine:** Does the person feel connected to God / Sacred? Does God/Divine/Sacred/Holy give the person strength? Does the person have a sense of forgiveness, grace, and/or reconciliation? Do they recognize a Higher Power? Do they recognize something or someone greater, beyond, within? Do they have a sense of the Holy as a resource? Do they have a sense of gratitude, and/or love? Do they have a reverence for anything?

**Begin Writing Here:**

**VIII. Spiritual Diagnosis of the Patient**

After your Spiritual Assessment(s) above, what was your Spiritual Diagnosis:

**Begin Writing Here:**

**IX. Spiritual Direction Practice of the Directee**

Use the Spiritual Direction Practice below:

**SPHERE / Desire / Discipline / Discovery Model of Spiritual Care Practice:**

*(Adapted from Calhoun)*

 **1. Sphere:** Which Sphere is this person in? *(See Appendix -D-)*

**Begin Writing Here:**

 **2. Desire:** What is this person’s primary Spiritual Desire? *(See Appendix -D-)*

**Begin Writing Here:**

**2. Discipline:** Spiritual Discipline did you discuss with the Directee? *(See Appendix -D-)*

**Begin Writing Here:**

**3. Discovery:** What Spiritual Discovery did the Directee find? *(See Appendix -D-)*

**Begin Writing Here:**

**X. Movement of the Divine** *(Bumpus & Bradburn Langer)*

Of all the things you could notice during the direction session, where did you see glimpses of the gifts, fruits, or movement of the Spirit? For example; signs of life, freedom, joy, compassion, solidarity in suffering, justice, enhanced self-identity before God, ability to stand in the truth, invitation, consolation, a ‘new word spoken,”.

**Begin Writing Here:**

**XI. Discoveries of the Spiritual Director, Spiritual Coach, Companion**

**Spiritual Director Relationship:**

What were your feelings going into the session, during the session, and leaving the session? What strengths and challenges did you demonstrate? What insights do you have about yourself?

**Begin Writing Here:**

**Spiritual Director Spheres and Practices:**

What tools did you use in the session? What was your point of focus in your work with the client? Evaluate your methods / approaches.

**Begin Writing Here:**

**Spiritual Director Dynamics:**

This is the spiritual component from your perspective. Was God/Divine/Spirit present in any way? How do you know? If not, why? Is that ok for you? If so, how was God’s presence manifest in your relationship with the person? Do you have a theological metaphor or interpretation of this encounter? What was the spiritual significance of the visit for you?

**Begin Writing Here:**

**XII. Spiritual Direction Questions** *(Morse)*

The following is a list of questions that a spiritual director ‘might’ ask a directee. Read through the list below, note the question(s) you asked or variance thereof. Then indicate what the remembered answer was:

|  |  |  |
| --- | --- | --- |
| **1** | Who is the first person who created a memory of God for you? | **Begin Writing Here:** |
| **2** | What is your earliest experience of God? | **Begin Writing Here:** |
| **3** | Who is your spiritual hero-role model? | **Begin Writing Here:** |
| **4** | What is a story from your life that represents the essence of who you are? | **Begin Writing Here:** |
| **5** | What is a story that represents your current need? | **Begin Writing Here:** |
| **6** | When you think of God, what picture comes to mind? | **Begin Writing Here:** |
| **7** | What is your desire for God? | **Begin Writing Here:** |
| **8** | What is God’s desire for you? | **Begin Writing Here:** |
| **9** | What are the hindrances for God’s desire for you? | **Begin Writing Here:** |
| **10** | Tell the story of your spiritual journey from childhood to today. Include the history of your family and your growing-up experiences. | **Begin Writing Here:** |
| **11** | What are your predominate feelings about your relationship with God? | **Begin Writing Here:** |
| **12** | Do you have any internal movements (calls, inclinations, intuitions, initiatives)? | **Begin Writing Here:** |
| **13** | Are there specific blocks or temptations in your spiritual life? | **Begin Writing Here:** |
| **14** | What are the patterns or habits for sustaining your relationship with God? | **Begin Writing Here:** |
| **15** | Who are your friends and closest relationships, and how are they sustaining you in your spiritual walk? | **Begin Writing Here:** |
| **16** | How are you growing or developing spiritually in your work or ministry? | **Begin Writing Here:** |
| **17** | How do you discern the presence of God in your life? | **Begin Writing Here:** |
| **18** | What do you think God is doing in that circumstance? | **Begin Writing Here:** |
| **19** | Where do you see God at work in your life? | **Begin Writing Here:** |

**XIII. Continuing Spiritual Care**

**Spiritual Assessment:**

In retrospect, what is your assessment of the directee’s needs, desires? Integrate sociological and psychological theories and assessments with your answer.

**Begin Writing Here:**

**Spiritual Companion Strategies and Goals:**

What would you want to do in your next visit with this directee? What would you see as a long-term goal for this directee?

**Begin Writing Here:**

**XIV. Focus for Learning:**

What would you like to focus on for your learning in this Case Conference? What questions did you have for yourself after the visit? What remains a point of concern? What internal and external skills do you think need to be strengthened by you?

**Begin Writing Here:**

**XV. Implicit vs Explicit Spiritual Content**

Was the directee’s content implicitly spiritual or explicitly spiritual? Explain.

**Begin Writing Here:**

**XVI. Discoveries of Spiritual Direction for the Directee**

Look through the list of possible outcomes. Pick the outcomes that were relevant within the context of your session with your directee. Explain how you assessed that outcome was reached.

|  |  |  |
| --- | --- | --- |
| **1** | Improved self-esteem or self-awareness | **Begin Writing Here:** |
| **2** | Decreased anxiety and developing serenity | **Begin Writing Here:** |
| **3** | Improved sense of direction and purpose | **Begin Writing Here:** |
| **4** | Heightened sense of “connectedness” with self, others, and the transcendent | **Begin Writing Here:** |
| **5** | Increased resiliency, increased internal fortitude | **Begin Writing Here:** |
| **6** | Reconciled relationship(s) | **Begin Writing Here:** |
| **7** | Decision clarity, discernment | **Begin Writing Here:** |
| **8** | Normalizing | **Begin Writing Here:** |
| **9** | Greater connectedness with Divine | **Begin Writing Here:** |
| **10** | Grown awareness of how we get in our own way | **Begin Writing Here:** |
| **11** | Existential questions, life-after-death, heaven, meaning-making, purpose | **Begin Writing Here:** |
| **12** | Questions exploring God’s will, God’s love, God’s allowance of suffering | **Begin Writing Here:** |
| **13** | Spiritual Gifts Discerned | **Begin Writing Here:** |
| **14** | Something else? | **Begin Writing Here:** |

**XVII. Spiritual Direction Reflection**

What follows are 7 distinctly different models of Spiritual Direction Reflection. If it is helpful, answer all 40 of the questions. If brevity is the goal, pick 1 or 2 of the models below, and answer all of their specific questions. For each Case Conference, the Student of Spiritual Direction should choose a different model then they did the last time.

**XVII. #1. Personal Reflection****: Model of Spiritual Direction Reflection**

Carefully read through the following questions answering questions relevant to your encounter:

|  |  |  |
| --- | --- | --- |
| **1** | Name one or two issues / concerns in your own life that this session raises for you: | **Begin Writing Here:** |
| **2** | Are you aware of any ways that you have been or are called to change because of this meeting? | **Begin Writing Here:** |
| **3** | Name two or three gifts and one or two areas of growth that you noticed within yourself during the meeting: | **Begin Writing Here:** |
| **4** | What specific questions do you wish the peer supervision group / supervisor to address? | **Begin Writing Here:** |

**XVII. #2. Active Imagination: Model of Spiritual Direction Reflection**

Carefully read through the following questions answering questions relevant to your encounter:

|  |  |  |
| --- | --- | --- |
| **5** | After the session, sit quietly and invite an image of how you experienced the directee during the meeting to come to you. Stay with the image, walk around it, staying open to what you discover. Allow the image to reveal itself further to you. Summarize your reflection. | **Begin Writing Here:** |
| **6** | After giving attention to the image of the directee begin to notice what image describes how you, the spiritual director, are toward the directee. Stay with the image, walk around it, staying open to what you discover. Summarize your reflections. | **Begin Writing Here:** |
| **7** | Respond to the following questions: |  |
| **7.a** | Do I like this image of myself? Why or why not? | **Begin Writing Here:** |
| **7.b** | What does the image teach me about myself? | **Begin Writing Here:** |
| **7.c** | If I could have a different image, what would I like to be? | **Begin Writing Here:** |
| **7.d** | What questions are raised for me from this session? | **Begin Writing Here:** |

**XVII. #3. Title, Theme, Affect, Question: Model of Spiritual Direction Reflection**

Carefully read through the following questions answering questions relevant to your encounter:

|  |  |  |  |
| --- | --- | --- | --- |
| **8** | **Title** | How would I title this session?  | **Begin Writing Here:** |
| **9** | **Theme** | What would I describe as the theme of the conversation? | **Begin Writing Here:** |
| **10** | **Affect** | What affect was/am I aware of in the directee? | **Begin Writing Here:** |
| **11** | **Affect** | What affect was/am I aware of in myself? | **Begin Writing Here:** |
| **12** | **Question** | What questions are raised for me from this session? | **Begin Writing Here:** |

**XVII. #4. Enduring Aspects of a Relationship: Model of Spiritual Direction Reflection**

Carefully read through the following questions answering questions relevant to your encounter:

|  |  |  |  |
| --- | --- | --- | --- |
| **13** | **Thoughts** | After the session, what am I thinking about this directee? | **Begin Writing Here:** |
| **14** | **Emotion** | What are my feelings about myself and the session? | **Begin Writing Here:** |
| **15** | **Dynamics** | How would I describe the relationship between myself and the directee? | **Begin Writing Here:** |
| **16** | **Behavior** | What am I aware of regarding my own behavior while I was with this individual? | **Begin Writing Here:** |
| **17** | **Intention** | What was my hope/desire/goal? | **Begin Writing Here:** |

**XVII. #5. Help, Thanks, Wow: Model of Spiritual Direction Reflection**

Carefully read through the following questions answering questions relevant to your encounter:

|  |  |  |  |
| --- | --- | --- | --- |
| **18** | **Help** | What I struggled with (Help Me) | **Begin Writing Here:** |
| **19** | **Thanks** | What I was grateful for (Thank You) | **Begin Writing Here:** |
| **20** | **Wow** | Those sacred moments when the presence and activity of God is so real it can almost be touched (Wow) | **Begin Writing Here:** |

**XVII. #6. Past, Present, and Future: Model of Spiritual Direction Reflection**

Carefully read through the following questions answering questions relevant to your encounter:

|  |  |  |  |
| --- | --- | --- | --- |
| **21** | **Past** | What in our conversation is about the past? | **Begin Writing Here:** |
| **22** |  | What is the “God sense” in the past? | **Begin Writing Here:** |
| **23** | **Present** | What in our conversation is about the present? | **Begin Writing Here:** |
| **24** |  | What is the “God sense” in the present? | **Begin Writing Here:** |
| **25** | **Future** | What in our conversation is about the future? | **Begin Writing Here:** |
| **26** |  | What is the “God sense” in the future? | **Begin Writing Here:** |
| **27** | **Now** | How am I helping this directee to be in the “Now Moment? | **Begin Writing Here:** |
| **28** |  | How am I helping this directee to experience God at this very moment? | **Begin Writing Here:** |
| **29** |  | What else might I have done? | **Begin Writing Here:** |

**XVII. #7. Three Different Conversations Happening within the Spiritual Direction Session:**

**Model of Spiritual Direction Reflection**

Carefully read through the following questions answering questions relevant to your encounter:

|  |  |  |
| --- | --- | --- |
| **30** | **ONE** | **Conversation 1 = Director + Directee**The conversation between the spiritual director and the directee. This is the conversation to which I am trying to give the greatest attention.*(This is outlined above in the Verbatim)* |
| **31** | **TWO** | **Conversation 2 = Director + Director-Internal.Self**The conversation that the spiritual director is having within the self. This is the conversation that invites me into a discerning ear. |
| **32** | What was my interior conversation about? *(e.g. thoughts, ideas, questions)* | **Begin Writing Here:** |
| **33** | What of this conversation might be helpful to the conversation between the spiritual director and the directee? | **Begin Writing Here:** |
| **34** | What did I discern was helpful to say aloud during the session? | **Begin Writing Here:** |
| **35** | What of this conversation do I need to bring to my own spiritual direction or supervision sessions? | **Begin Writing Here:** |
| **36** | What issues arose in me that I need to bring to my own spiritual direction / supervision work? | **Begin Writing Here:** |
| **37** | What of this conversation is simply a distraction from all that I am really trying to attend to? | **Begin Writing Here:** |
| **38** | **THREE** | **Conversation 3 = Directee + Directee-Internal.Self**The conversation that the directee is having within themselves. I cannot hear this conversation but I can sometimes glimpse it through the body language or silence of the directee. Once again, I need to be discerning about how to respond to this unspoken conversation and whether it might be helpful to bring some of it into the conversation between the spiritual director and the directee. |
| **39** | What were some of the glimpses that I noticed through the directee’s body language, facial expressions? | **Begin Writing Here:** |
| **40** | Utilizing Jungian Analysis: What of the directee’s unconscious did I see peak out into the light of the conscious? How did I utilize this awareness on behalf of the directee? | **Begin Writing Here:** |

**XVIX. Putting the Pieces Together**

What has this supervision session taught me about myself? What has this supervision session taught me about spiritual direction? What has this supervision session outline here in the case conference and verbatim taught me about spiritual companioning?

**Begin Writing Here:**

**Appendix -A-**

**Case Conference Format: With Elapsed Time**

**Rubrics:** Should you include the entire conversation? OR Just the most relevant parts.

**Answer:** It depends.

**Scenario 1:** If the directee talks about suicide, their dog, their blue plates, and their favorite house plants we do not need to read about all of that. However, there may be parts of any of that, that are relevant.

**Example:** Maybe you did not know that talking about Sally’s blue plate set reminded her of her deceased spouse, and makes her feel happy and calm? And the group now can help you to see that, but you thought it was irrelevant? You make a choice, the group works with the choices you make.

Nobody wants to read a page of dialogue about her blue plates!

If you are absolutely positive that it does not have any value to the group, or directly impacting her desire to commit suicide – then leave it out. But, be prepared to answer, “why did you leave that part out?”

How do you leave it out?

**Answer:** Below

**Length of Visit:** 70 Minutes Total

**Verbatim**

**PART A**

**Length of Time:** 20 minutes of 70 minutes

|  |  |  |  |
| --- | --- | --- | --- |
| **a.** | **b. Conversation** **[*movement]*** | **c. Observations** | **d. Thoughts:** **Feelings:** |
| **C1** |  |  | **Feeling:****Thinking:**  |
| **D1** |  |  | **Thinking:** **Feeling:** |
| **C2** |  |  | **Feeling:** **Thinking:** |
| **D2** |  |  | **Thinking:****Feeling:**  |
| **C3** |  |  | **Thinking:** Be what he needs me to be! |

**Elapsed Time**

**Length of Time:** 20 minutes of 70 minutes

**Notes:** At this point I had asked Sally about the beautiful blue plate hanging on the wall above her head. She took this opportunity to tell me about her wedding set of 24 plates, 24 cups, 24 saucers, 24 salad plates, etc.

**PART B**

**Length of Time:** 30 minutes of 70 minutes

|  |  |  |  |
| --- | --- | --- | --- |
| **a.** | **b. Conversation** **[*movement]*** | **c. Observations** | **d. Thoughts:** **Feelings:** |
| **C4** |  |  | **Feeling:** **Thinking:**  |
| **D3** |  |  | **Thinking:** **Feeling:**  |
| **C5** |  |  | **Feeling:** **Thinking:** |
| **D4** |  |  | **Thinking:** **Feeling:**  |
| **C6** |  |  | **Thinking:** **Feeling:**  |
| **D5** |  |  | **Feeling:** **Thinking:**  |
|  |  |  |  |

**Appendix -B-**

**Holistic Model of Spirituality**

*Spirituality as Wholeness of the Person in Relation with All: Spirituality as Center of the Person*



* **Bio** – the study of living organisms, divided into many specialized fields that cover their morphology, physiology, anatomy, origin, and distribution. The person’s health, medical condition, medical diagnosis, physical symptoms.
* **Psycho** – the scientific study of the human mind and its functions, especially those affecting behavior in a given context. The person’s psyche, mental characteristics, attitude, personality, persona, type, psychological developmental, psychological diagnosis, feelings, thoughts, behaviors.
* **Socio** – the study of the development, structure, and functioning of human society.” The person’s family, groups, economics, culture, ethnicity, gender, race, norms, ecology, religion, genogram, family system, social groupings, and cosmological system.
* **Spiritual** -- of, or relating to, or affecting the human spirit or soul as opposed to material or physical things. The person’s spiritual welfare, beliefs, meaning making, ethics, vocation, emotions, authority, guidance, rituals, practices, myths, theology, and religion. How they make meaning, see the divine, experience relationships, and have the ability to find hope.

**Adapted from:**

Canda, E. and Furman, L. (1999). *Spiritual Diversity in Social Work Practice*. New York, NY: Free Press.

**Appendix -C-**

**Frankl Spiritual Assessment**

1. **Rapport Building:** Prior to assessment, during assessment, and following assessment rapport building is critical.
2. **Hope:** Does the person have a sense of hope, a will to continue, a sense of gratitude? Does the person have hope for the future? Hope in this life? Does the person have hope for the future in the afterlife? Is the future worth having? A will to continue? Sense of future possibilities? Resilience over despair?
3. **Relationships:** Does the person have supportive, healthy relationships, reconciliation in their relationships, a sense of community, a sense of belonging, integration of grace and reconciliation, a sense of gratitude and thankfulness?
4. **Meaning-Making:** Does the person have something to live for? Is the person able to make sense of life with their physical situation, have peace about dying, sense of identity, self-awareness, sense of purpose and direction, ability to contribute? Do they find meaning in present situations? Find a role and purpose within surroundings?
5. **Divine:** Does the person feel connected to God/Sacred? Does God/Divine/Sacred/Holy give the person strength? Does the person have a sense of forgiveness, grace, and/or reconciliation? Higher power? Something or someone greater, beyond, within? Sense of Holy as resource? Comfort with human limitations? Sense of gratitude, and/or love?

**Adapted From:**

Frankl, Viktor, (1946). *Man’s Search for Meaning*. Boston, MA: Beacon Press.

VandeCreek, L., & Lucas, A., (2001). *The Discipline for Pastoral Care Giving:*

*Foundations for Outcome Oriented Chaplaincy*. New York : Haworth Pastoral Press.

**Appendix -D-**

In reference to the Spiritual Direction Practice above. Pick at least 1 Spere, and 1 Desire, and 1 Discipline, and 1 Discovery from the list below to speak about above.

**SPHERE / Desire / Discipline / Discovery Model of Spiritual Direction Practice:**

*(adapted from Calhoun)*

**75 Spiritual Direction Practices / 7 Spheres**

**SPHERE 1 WORSHIP**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Desire** | **Discipline** | **Discovery** |
| **1** | To take joyful, passionate pleasure in God and the radically glorious nature of God’s people, Word, world and purposes | Celebration |  |
| **2** | To be sensitive to the Holy Spirit’s prompting to live with a grateful heart, cognizant of God’s work in my life and my abundant resources | Gratitude |  |
| **3** | To be nourished by Christ, or Divine tasting the sweet depths of redemption | Holy Communion |  |
| **4** | To live a sane and holy rhythm that reflects a deep love for God and respect for how he has made me | Rule for Life |  |
| **5** | To set apart one day a week for rest and worship of God | Sabbath |  |
| **6** | To worship God in the beauty of created things | Visio Divina |  |
| **7** | To honor and adore the Trinity as the supreme treasure of life | Worship |  |

**SPHERE 2 OPEN MYSELF TO GOD**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Desire** | **Discipline** | **Discovery** |
| **8** | To wake up to the presence of God in all things | Contemplation |  |
| **9** | To reflect on where I was most and least present to God’s love in my day | Examen |  |
| **10** | To open myself to knowing God through the visual shorthand of icons that portray the lives of biblical characters, events and seasoned saints. | Iconography |  |
| **11** | To be alert to my life through writing and reflecting on God’s presence and activity in, around and through me | Journaling |  |
| **12** | To go on an outer journey that will lead me closer to God | Pilgrimage |  |
| **13** | To develop a continual openness and awareness of Christ’s or Divine’s presence living in me | Practicing the Presence |  |
| **14** | To honor God and my human limitations through restful rhythms | Rest |  |
| **15** | To pull back from daily life and spend extended time with God | Retreat |  |
| **16** | To value myself as my heavenly Father values me | Self-Care |  |
| **17** | To uncomplicate and untangle my life so I can focus on what really matters | Simplicity |  |
| **18** | To curb my addiction to busyness hurry and workaholism; to learn to savor the moment | Slowing |  |
| **19** | To remain a lifelong learner who is continually open to the fresh wind of the Holy Spirit | Teachability |  |
| **20** | To be fully present to and uninterrupted in my interactions with God and others | Unplugging |  |

**SPHERE 3 RELINQUISH THE FALSE SELF**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Desire** | **Discipline** | **Discovery** |
| **21** | To surrender my weaknesses and faults to the forgiving love of Christ or Divine and intentionally desire and embrace practices that lead to transformation | Confession and Self-Examination |  |
| **22** | To nurture the spirit of trust that is attached to God alone | Detachment |  |
| **23** | To delight in an recognize the voice and will of God | Discernment |  |
| **24** | To live wholeheartedly in the present moment, alert to God and without judgment | Mindfulness / Attentiveness |  |
| **25** | To follow the simple and often hidden way of Christ or Divine | Secrecy |  |
| **26** | To free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words | Silence |  |
| **27** | To live with moderation and full attachment to God – without dependence on substances that are harmful to my life | Sobriety |  |
| **28** | To leave people behind and enter into time alone with God | Solitude |  |
| **29** | To give caring attention to my relationship with God, accompanied by the prayerful presence of someone who helps me listen well to God | Spiritual Direction |  |
| **30** | To have Jesus as the Master of my life in absolutely every wayTo have the Divine as the Master of my life in absolutely every way | Submission |  |
| **31** | To patiently trust in God’s goodness and timing in the events and relationships of my life | Waiting |  |

**SPHERE 4 SHARE MY LIFE WITH OTHERS**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Desire** | **Discipline** | **Discovery** |
| **32** | To give a regular and honest account of my choices, priorities and temptations to a godly and wise companion who points me to Christ or Divine | Accountability Partner |  |
| **33** | To revere God by receiving and honoring my body and the bodies of others with purity of thought and action | Chastity |  |
| **34** | To express and reflect the self-donating love of the Trinity by investing in and journeying with others | Community |  |
| **35** | To enter into authentic, confidential and healing relationships with a committed group of fellow pilgrims | Covenant Group |  |
| **36** | To be in a relationship where I am encouraged or where I encourage another to become an apprentice of Jesus or the Divine | Discipling |  |
| **37** | to connect face to face, in person, below the surface of words and conversation | Face-to-Face Connection |  |
| **38** | To be a safe person who offers others the grace, shelter and presence of Jesus or the Divine | Hospitality |  |
| **39** | To accompany and encourage others to grow to their God-given potential | Mentoring |  |
| **40** | To reflect the helping, caring and sharing love of God in the world | Service |  |
| **41** | To take my spiritual journey with a community of trusted friends | Small Groups |  |
| **42** | To develop a friendship that encourages and challenges me to love God with all my heart soul, mind and strength | Spiritual Friendship |  |
| **43** | To live in harmony with Christ’s or Divine’s desire for the church to be one; to be a bridge-builder and peacemaker in the body of Christ or the Divine | Unity |  |
| **44** | To reveal the life-changing love of Jesus or the Divine to others | Witness |  |

**SPHERE 5 HEAR GOD’S WORD**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Desire** | **Discipline** | **Discovery** |
| **45** | To know what the Bible says and how it intersects with my life | Bible Study |  |
| **46** | To prayerfully encounter and surrender to the Living God through attending to Scripture | Lectio Divina / Devotional Reading |  |
| **47** | To more deeply gaze on God through the written Word and created order | Meditation |  |
| **48** | To carry the life-shaping words of God in me at all times and in all places | Memorization |  |

**SPHERE 6 INCARNATE THE LOVE OF THE DIVINE**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Desire** | **Discipline** | **Discovery** |
| **49** | To instill courage, confidence and hope through expressing the delight God has in others | Blessing Others / Encouragement |  |
| **50** | To honor the Creator by loving, nurturing and stewarding his or her creation | Care of the Earth |  |
| **51** | To become the healing presence of Christ or Divine to others | Compassion |  |
| **52** | To turn the destructive way I use words into authentic, loving and healing speech | Control of the Tongue |  |
| **53** | To live into Jesus’ forgiving heart and stop the cycle of vengeanceTo live into the Divine’s forgiving heart and stop the cycle of vengeance | Forgiveness |  |
| **54** | To become like Jesus or the Divine in his or her willingness to choose the hidden way of love rather than the way of power | Humility |  |
| **55** | To love others by seeking their good, protection, gain and fair treatment | Justice |  |
| **56** | To be with Jesus in my pain and with Jesus in his painTo be with the Divinity in my pain and with the Divinity in his or her pain and suffering | Solidarity in Jesus’ or the Divine’s Sufferings |  |
| **57** | To live as a steward of God’s resources in all areas of life; to live out of the awareness that nothing I have is my own | Stewardship  |  |
| **58** | To live an authentically truthful life | Truth Telling |  |

**SPHERE 7 PRAY**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Desire** | **Discipline** | **Discovery** |
| **59** | To pray a simple, intimate prayer of heartfelt desire before God | Breath Prayer |  |
| **60** | To quiet the heart and rest in God alone | Centering Prayer |  |
| **61** | To develop an open, restful receptivity to the Trinity that enables me to always be with God just as I am | Contemplative Prayer |  |
| **62** | To talk naturally and unself-consciously to God in prayer times with others | Conversational Prayer |  |
| **63** | To let go of an appetite in order to seek God on matters of deep concern for others, myself and the world | Fasting |  |
| **64** | To stop my work and pray throughout the day | Fixed-Hour Prayer |  |
| **65** | To assist the emotionally broken and wounded as they seek God for the healing only he or she can give | Inner-Healing Prayer |  |
| **66** | To turn my concerns and worries into prayer; to enter God’s heart for the world and then pray from there | Intercessory Prayer |  |
| **67** | To make a quiet, listening pilgrimage to God | Labyrinth Prayer |  |
| **68** | To quiet the inner and outer noise so I can open my heart and listen for God’s voice | Listening Prayer |  |
| **69** | To open myself to God through established patterns or traditions of written prayers and readings | Liturgical Prayer |  |
| **70** | To take my complaints, anger, sufferings, frustrations and heart aches to God | Prayer of Lament |  |
| **71** | To share the journey of prayer with a trusted companion | Prayer Partners |  |
| **72** | To allow God to shape my prayer life through the words of Scripture | Praying Scripture |  |
| **73** | To rest in God, allowing him to calm and heal my fragmented and distracted self | Prayer of Recollection |  |
| **74** | To align myself with Christ or Divine and his or her intercession for the kingdom to come while walking in particular places | Prayer Walking |  |
| **75** | To welcome Jesus or Divine into every part of my life, body, circumstances and relationships | Welcoming Prayer |  |

**Appendix -E-**

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**Appendix -F-**

**Glossary of Uniquely Spiritual Direction Terms**

**What might a Spiritual Director or Directee call the Divine:**

*Here are a few possibilities, yet there are many more:*

Universe, God, Lord, Allah, YHWH, Great Spirit, Holy Spirit, Higher Power, Mystery, Sunyata, Brahman, Tao, Divine, Sacred, Holy, Almighty, Ultimate, the Beyond, Intimate, Abba, Nirvana, Wisdom, Source, Vishnu, Creator, Enlightenment, Interconnection, Holy One, All, Diety, Goddess, Divine Being, Unmoved-Mover, Clock-Maker, Supreme Being, Divinity, Creator, The Almighty, Father, Jehovah, Mother, The Maker, Master, Numen, Spirit, Yahweh, Absolute Being, Infinite Spirit, Higher Power, Jah, King of Kings, Omnipotent, Prime-Mover, Universal Life Force, World Spirit, Tutelary, All-Father, Odin,

**What Might a Spiritual Director identify as:**

***Here are a few possibilities, yet there are many more:***

Director, Companion, Elder, Guide, Teacher, Master, Friend, Anam Cara, Guru, Hashpa’ah, Mashpia, Murshid, Soul Shepherd, Mystic, Swami, Teacher, Mentor, Confessor, Spiritual Director, Spiritual Companion, Soul Companion, Spiritual Elder, Spiritual Guide, Spiritual Teacher, Spiritual Master, Spiritual Friend, Anam Cara, Spiritual Guru, Hashpa’ah, Mashpia, Murshid, Soul Shepherd, Spiritual Mystic, Swami, Spiritual Mentor, Spiritual Confessor,