

Alternative preparations – Please bring this page to your first session or send it to me in advance.

The kind of preparation you are comfortable with makes a big difference in how we work together. Will you highlight for me the kinds of questions you'd like to address or explore? Feel free to add your own (write on back). Also consider, before our session, where you are with those questions that are of interest to you. We may or may not address them at this time, but your preparatory investigation will be helpful to the process.

Traditional Spiritual Direction Preparation

What has been the general spiritual "tone" of your life lately?
You might express this in terms of colors, temperature, aromas--anything that helps you to articulate your experience.

What events, experiences, relationships, etc. have communicated to you a sense of God's presence?

What events, experiences, relationships, etc. have communicated to you a sense of God's absence?

Describe your manner of prayer lately. How well does your prayer help you to experience conscious contact with God?

What kinds of decisions in your life have you searching for a sense of God's will?

In what area of life do you sense God calling you to growth?
What can you do to honor this?

What kind of feedback would you like at this time from your spiritual director?

Anything else you want to talk about? (Open forum)

Alternative Preparation

What has your meditation practice been like in the past week, the past month? (See weekly review sheet for questions about noticing your breath, formal and informal practice, other objects of attention, and personal practice goals)

What particular aspects of your life do you currently want to bring in closer alignment with your spiritual understanding?
Relationships, Events, Experiences, Decisions

Do you see your meditation practice as a way to pray?

Is there some other prayer form you use?

Do you have some sense of either absence or presence of contact with Holy (depth or aridity)?

Can you articulate something about your understanding of spirituality? Greater power/Mystery/God?

What do you hope to gain from this relationship with Spiritual Director/Companion?

What kind of response or feedback do you hope for from Spiritual Director/ Companion?

Anything else?