

Self-supervision (From Conroy: Looking into the Well)

The following questions are prompts for reflecting on a spiritual accompaniment session / relationship. They can be used in preparation for supervision.

They are detailed so just use what is helpful. However, if you are struggling with a person or a session the prompts may help you come to a greater clarity about what was going on.

Before the Accompaniment Session

What am I feeling / thinking about the person that is coming?

Anxious.....glad.....excited.....neutral.....wary.....de-energised.....hopeful.....

Do I notice consolation within me around this person?

What is it related to?

Do I notice desolation within me around the person?

Is this desolation because of something they have been dealing with?

..... a sense of resistance in her/him?

..... a sense of resistance in me?

Am I able to articulate in my own mind, or on paper, what I am thinking / feeling and the reasons underlying that?

Have I asked God to be with us today during this session?

Have I asked God for a particular grace of which I am in need, in relation to accompanying this person or for my spiritual accompaniment work generally?

During the session

I try to stay alert to what is happening in me as I listen, noticing feelings, thoughts, reactions etc. while still listening to the person, offering them unconditional positive regard, and not getting caught up in my own stuff.

After the accompaniment session

After the session, I prayerfully reflect on the experience – God and I looking together at my time with the person. During this prayerful reflection, jot down significant moments, movements, feelings, reactions at different given moments. Maybe record parts of the dialogue.

In general, how was I during the session?

How was I at given moments? Beginning/middle/end?

Were there any strong responses occurring in me (feelings / thoughts)? What were /are they?

Was I involved in this person's experiences of God? In what way?

Moved/consolated/joyful/grateful/in tune?

Was I emotionally distant? In what way?

Uninvolved/restless/bored/agitated/frustrated/anxious/out of tune?

What was God like for me in the session?

Describe your sense of God's presence or absence during the experience. When was it strongest?

What was my own presence like during the time?

Was it contemplative/evocative/focused/companioning/discerning/free/caring/patient?

Or was it unfocused/fragmented/aggressive/unfree/self-absorbed/impatient/talkative?

Did it lead to an inappropriate problem-solving or advice-giving approach?

Did any of my own issues emerge during the session? Did they interfere or distract in any way?

As I look back at this person now, can I glimpse how God might regard them?

And how might God regard me as I try to help this person explore God's will for them?

Be with God with all these considerations. Share with God any thoughts / feelings coming to you now.

Material from Ruth Holgate, Jesuits