*Remember to tell partners that they are free to share whatever feels comfortable.*

1. PROCESS Question: Would you tell me about what it was like to reflect on and write about this experience?
2. SPIRITUAL PRACTICES: How have you prepared for today?
3. SPIRITUAL PRACTICES: [refer to your partner’s use of spiritual practices] Could you tell me more about the role [this practice] plays that [use your partner’s words to describe how the practice works]?
4. SPIRITUAL PRACTICES, INTEGRATION, VALUES, CO-CREATING MEANING

I appreciated the ways that noticed that [your spiritual practices] helped you experience self-compassion. What helped you identify and explore the underlying values and beliefs that shaped your experience of moral stress?

1. SPIRITUAL INTEGRATION: One thing I learned from reading your journal assignment is that the meanings and feelings you have held about this experience of moral stress don’t necessarily have to pertain to today and tomorrow in the same way that they have up until now. Your story influences me and makes me feel hopeful. Did you experience a sense of hope in identifying the values and beliefs underlying your experience?
2. CO-CREATING MEANINGS: One of the hardest things for me as a young woman dealing with pain and death was the feeling that my thoughts, feelings, experiences, pain, imagination, desires, etc. were unique. I couldn't share them with anyone.  Over the years it has been transformative and empowering to realize that sharing our feelings helps us bear them and helps them become the source of our love and power. Your responses reinforce this truth. To what extent did you experience tis journal writing as a way to share pain so that we can bear pain?
3. FINDING SUPPORT: Have you been able to find [continue to find] a trusted others mentor/friend who helps in your meaning making process in a way that co-constructs intentional theologies? If so, what has that been like for you?
4. PROCESS QUESTION: How has this process of sharing your story been? Is there anything that feels unfinished, or that you might want to return to?

Ryan Hall’s questions for Carrie Doehring 4/15/14

1. PROCESS QUESTION How did you prepare yourself emotionally and spiritually for this conversation today?
2. SPIRITUAL INTEGRATION You have now written and talked about your traumatic experience in various contexts. Could you please reflect on how your response to the experience has changed over time?

3. CO-CREATING MEANINGS You wrote that God was essentially absent as a loving force when you were 12; when you thought about God at all, God was an extension of the aloof, judging nun who was the principal of your school. Could you talk about how you see God today and summarize the course of how your beliefs evolved?

4. CO-CREATING MEANINGS What other core beliefs have changed as a result of this traumatic experience?

5. SPIRITUAL PRACTICES Take me back to mid-day Mass at your high school when you were 15. Describe your sensory information. What about those masses was so regenerative for you?

6. SPIRITUAL INTEGRATION You were ordained Presbyterian, but notably it was in the context of the denomination of your youth—Catholicism—that you first broke through the inertia and silence about your earlier trauma. You said that were at a silent retreat at a Jesuit center, and a priest there created a safe place for you to experience the gamut of feelings you had stored up. Tell me more about what the priest did to create that safe place and/or why that time in your life was right for the transformation you had.

7. PROCESS OF SHARING QUESTION How was this processing just now for you? (How are you feeling right now?)

Patrick Prag questions  9/14/2012

   (Process question) I am overwhelmed by your bravery, your transparency, and the skill with which you shared this experience. When you get ready to share this again with your class, are there certain things you do to prepare physically or emotionally for this?

(Spiritual Practices question) You mentioned that classical music and literature gave you a sense of comfort, self-transcendence, and understanding when you were younger, what roles do these art forms play in your life now

 (Spiritual Practices question) As a spiritual caregiver and one who is very talented and gifted in teaching others to be spiritual caregivers, I wonder if you can speak about the resiliency and strength that you see in yourself as a young mother or even earlier?

(Meaning Making Question) I am moved by your ability to look at your own story from sort of many levels ( 1st,2nd,3rd order) What has this ability taught you?

(Spiritual Practices and Meaning Making) You mentioned several times that there is a comfort level that you now have in telling this story, would you be willing to share how you have come to this place?

 (Process of sharing question) How has this process of sharing your story with us been? Is there anything at all about it that has been jarring or unsettling?

9/19/11 Interview with Carrie Doehring about her journal assignment

Kelly Arora

*Remind everyone that we’re going to focus on the process of reflection on the experiences, not on the experiences themselves, but Carrie should feel free to share whatever feels comfortable.*

[Process question] Would you tell us about what it was like to reflect on and write about this experience (e.g., how you felt physically, emotionally, etc., need to use coping before/during/after).

[Process question] I wondered if your identity as a pastoral caregiver affected this reflective process in any way?

[Spiritual practices question] You mentioned music a number of times in your reflections. Could you tell us more about the role music plays in coping for you?

[Spiritual practices question] You also talked about the “quiet” services at your HS chapel and the silent retreat. Is there anything you would add about the role silence plays for you in coping?

[Spiritual practices question] In what ways would you say your traumatic experiences have made your stronger or perhaps more resilient?

[Spiritual practices question] What did you learn about your own coping practices by writing about this experience? (anything jarring?)

[Spiritual practices question] Were there any coping practices that you found were not helpful in this experience?

[Meaning making question] I was moved by your description of your parents, who “didn’t know what to do or how to help” you. Can you say more about that in relation to your meaning making process?

[Meaning making question] How have your core beliefs changed as a result of this traumatic experience?

[Process of sharing question] Was there anything about this experience of sharing with us that was jarring in any way?