



Suggested Questions for Review of Spiritual Direction

- What do I most appreciate about spiritual direction?
- What do I wish was different about spiritual direction?
- What in the meeting is particularly helpful?
- Is there anything that is unhelpful?
- Is there anything in particular I would suggest to improve the session?
- Are there aspects of the spiritual direction process that remain unclear?
- What were my hopes & desires in seeking spiritual direction? Are they being fulfilled?
- Specifically, how has spiritual direction helped (a) my prayer life? (b) my awareness of God's presence in my everyday life and circumstances? (c) growth in my relationship with God?
- From my reflections do I want to continue with Spiritual Direction?
- Do I want to continue with my Spiritual Director? What is the reason for my answer?