

I feel my spiritual needs are not being met...

I am speaking to:

Date:

Before I talk about my spiritual needs I have...

- Had a think and made some notes about what I feel I am not getting in relation to my spirituality, and how this is impacting on my life and wellbeing.
- Checked that the person (or people) I will be speaking to is open to the thinking and talking about my spiritual needs, and could be able to assist me.
- Thought about the possible practical steps that may be needed in order for me to get my spiritual needs met and any potential barriers e.g. cynical or unsupportive individuals/ potential conflicts of interest etc.
- Got ready a pen and paper, glasses or hearing aids, and this checklist, so I can make notes on what is said.
- Asked for some language or communication support if I need it.

During the conversation I will remember...

- This is all about me. The only opinion that really matters is mine. I don't need to consider anyone else. This is about me my spiritual life, values and beliefs.
- I am an adult. I have been an adult for a long time. I am the expert on me, my faith and my spiritual practices.
- My chosen person has to be willing to support my choices. If they are not willing, for any reason, there is no blame. They are just not the right person for this role.
- If I am not able to communicate my points and be listened to, there is no value in continuing the conversation.
- I will take all the time I need to think about any new ideas and information. I do not have to respond or make any decisions right away.

My next actions are...

- To check that I have told the person everything I wanted to say and that I have made a note of any points and that I fully understand them.
- To write down, (or get help writing down) which specific actions/activities could be possible in order to me to feel more fulfilled in my faith and how I might go about accessing these actions/activities.
- To identify any people that may be required to help me realise my spiritual life. And any other ideas about how I could access my spiritual practice/community that I have not thought of? E.g. making use of technology, lift sharing etc.
- Do I feel better after having the conversation? Or if don't feel better, do I have a plan in mind for how I am going to improve this for myself?

