

# I'd like to talk about my spirituality...

I am speaking to:

Date:

## Before I talk about my spirituality I have...

- Had a think and made some notes about what I want to share about my spirituality, and how I want to incorporate my spiritual beliefs into my life as I age.
- Checked that the person (or people) I will be speaking to is open to the thinking and talking about my spirituality.
- Thought about how I would like to incorporate my spirituality into my life e.g, daily/weekly/annually and what this would mean in practical terms for me and those around me.
- 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 I have chosen to participate in e.g. prayer, services of worship, mediumship/seances, solstices etc. and how I might go about participating in these spiritual activities.
- To share with the people I choose my decisions about how I am going to live in my spiritual life. If I do not want to share the information, it's ok to keep my spiritual life private or to only share it with others who either share my beliefs or need to know for certain practicalities e.g. Dietary requirements, medical restrictions, transport provision
- 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?

