

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



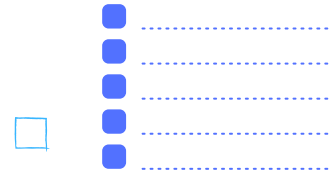
Getting ready...



I have thought about what I want to say about my beliefs.



Is the person I'm speaking to open to the idea of really listening to me?



Have I made a list of the points that are important to me? And why they matter?

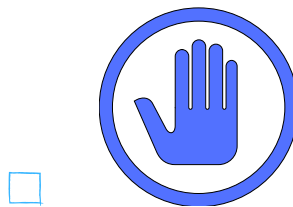


Do I have what I need to hear and see properly?

During the conversation I will remember...



This is all about me.



I can stop this conversation at any time.



What changes I want to take in my life to do with my spirituality.

Before I leave I will make sure...



I have said everything I wanted to say.



I know what, when, where and I how I will have spirituality in my life.



I will only tell people I want to or need to about my spirituality.



Do I feel better after the conversation?

