

## Recalled Dialogue for Contemplative Reflection Form

Speaking	Dialogue	Feelings of Director	Thoughts of Director	Body Response of Director	Body Response in Directee	Intuition
D1	I don't know what's real from my heritage. Like always having to prove things from scripture. I just don't want to do that anymore. It doesn't work.	Compassion	I journeyed out of this too...	Relaxing	Wrinkled forehead and intense look	
L1	You know D I was just with someone who is 70 and she has been on the same journey for the last 30 years and she said, "I am grateful when scripture comes alive for me. It's such a gift having been brought up with it." I am wondering when was the last time scripture came alive for you?	Directive	I want her to appreciate the gift of her upbringing.			Heritage has gifts
D2	On Sunday, in the reading of the mass there was this one line that gave me energy and hope. I don't remember it now but I felt energized and hopeful.	Energy to move her		Lean forward		First steps Awareness and gratitude
L2	What was that like?					
D3	I thought, maybe I am making this up. Maybe it's true. So I had both thoughts.					
L3	How often does this happen?		Am I sneaking to mentor her?			
D4	All the time. I just making this up or maybe it's true? I don't know. I get so frustrated, how are you supposed to know?					
L4	What if we can't know for sure?	Compassion	Needs to learn to live in ambivalence			Ambivalence and freedom

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<b>D5</b>	<b>Well that sucks.</b>	<b>Totally agree</b>	<b>This is a trap</b>	<b>Nod my head</b>	<b>Big eyes, loud voice, tilted head</b>	<b>First Half of Life</b>
<b>L5</b>	<b>What would it be like to simply give thanks that something came alive for you, instead of trying to sort it out to be true or not. To simply savor the aliveness and trust over time you'll know.</b>	<b>Give her a way out</b>	<b>First step</b>	<b>Lean back, breathe</b>		
<b>D6</b>	<b>I could do that. It would be a lot more energizing than the arguments I have with myself</b>	<b>Funny</b>	<b>She could be open to this or trying to please me.</b>	<b>Lean back</b>	<b>Laughter</b>	<b>Slow patience</b>