

Reviewing the spiritual accompaniment relationship

For the relationship to be fruitful, on both sides, there must be a commitment: this is a spiritual discipline, and it may take time for you to get to know each other and for confidence to grow.

Nevertheless, it can be valuable to give time to reflect upon the relationship and experience of being accompanied – how is it living up to your hopes or expectations and what might help?

Below are some questions that you may find helpful to reflect and pray with:

How do you feel as you prepare for a meeting?

How do you feel during the meeting? Are you confident that what you say is heard?

Do you feel supported or alone? Do you feel accompanied or pressured?

Can you say what you want to say? Are you completely honest, or are you aware of reserve?

Are any periods of silence comfortable or uncomfortable?

Is humour part of your meetings? Do you feel at ease?

Do you feel challenged? If so, how do you respond to this?

When guidance has been offered or actively suggested, was this helpful? Did you feel free to follow or lay it aside?

Do you think the relationship still has something to offer? How might you help it to continue to be fruitful?

Do you feel the relationship may have become stuck? Might it be a time of change? Is this something you feel called to talk over with your accompanier?

It can be helpful to give space to what may have emerged for you and to listen openly and honestly for the leading of the Holy Spirit.

Material adapted from the 'Finding a Spiritual Guide' leaflet produced by the Retreat Association