

5. Think back over your spiritual life, from as far back as you can recall right up to this moment. Take time to reflect on the highs and lows, the moments of breakthrough, stagnant times and periods of growth. You may continue on the back of this sheet or an additional sheet, please describe the ups and downs of your spiritual history.

6. Days and times most convenient for regular meetings with a director.

7. I understand that a spiritual director is a prayerful, listening friend, trained to assist me on my spiritual journey. Spiritual direction is not psychological counseling; therefore my spiritual director is not responsible for any issues I may have that require professional psychological services.

Signed: _____ Date: _____

Please return this form to:

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