

2/02

**CHECK IN STATEMENT
ALTERNATIVE FOR STEPHEN MINISTERS
WITH LONG TERM ASSIGNMENTS**

Please choose two questions and write your answers on a separate sheet of paper. Date each entry, keeping a record of your check-in statement answers. Choose different questions for each meeting until you have used all questions, unless you feel the need to repeat one question on a particular supervision session. Remember: Your check-in statement should take no longer than 2 minutes.

1. Does your care receiver share personal (risky) feelings and thoughts with you? How do you help to bring this about? How do you help address them?
2. How do you make sure you focus on process rather than results?
3. Have you seen God's presence or healing power in the caring relationship? How?
4. What faith issues are evident with your care receiver? How can you minister to these?
5. What appropriate Christian resources do you use with your care receiver?
6. How do you pray for yourself, your care receiver, and the relationship?
7. Where do you see this relationship going? Do you have realistic expectations for your relationship?
8. What were your goals for your last visit? What are your goals for the next visit?
9. Do you think your emotional ties are too involved? ... too detached? How do you assess the ties? (Think about the "mud hole"!)
10. Which of your caring skills do you feel you do well? Which skills need attention?
11. How do you lead your care receiver to a better understanding of feelings through reflective listening, summarizing or interpreting? Give some examples without breaking confidentiality.
12. How are you growing, changing or being challenged in this relationship?
13. Are any aspects of your care receiver's situation too great for you to handle? Which ones? How will you address that?