



Contemplative Reflection Form (CRF) for *Group Supervision*¹

Thought Bubble by Adam Zubin from NounProject.com

Director's Name:	Disguised Directee's Name:
Direction Date + Session #:	Group Supervision Date:

→ The CRF is a **tool** to help you **reflect** on a recent spiritual direction session to grow in self-awareness, freedom, & attentiveness to the movement of the Spirit in your direction relationships.²

To begin, prayerfully recall your recent direction conversations and wonder:

- ☐ In which session did I experience the strongest feelings, movements, or questions?
- ☐ Did I struggle to “stay with” a directee at any point, or maintain a contemplative atmosphere?
- ☐ Did I experience inner conflict with a directee's beliefs, approach to faith, or sharing?
- ☐ In which session did my growth areas as a director most manifest themselves?
- ☐ And lastly: **Which experience or session still has energy for me and would benefit from further exploration in supervision?**

Next, pray an Examen on that spiritual direction conversation, recalling:

- What you noticed about yourself before the session began
- What the session was like for you and what about it lingers with you
- Whether you experienced consolation or desolation during it
- Where you noticed the Spirit
- What questions the session raises in you
- What you were feeling after the conversation was over

As you slowly review the whole experience, notice where you experience the strongest energy or sense of disconnection, and respond to the following questions:

1. Describe anything **significant that you noticed about yourself** before, during, and/or after the direction session.
2. Where did you experience the **strongest feeling** (physical or emotional) during the conversation? Describe what that was like.
3. Of all things you *could* notice during your direction session, where did you see **glimpses** of the gifts, fruits, or movements of the **Holy Spirit**?
 - a. i.e. signs of life, freedom, joy, compassion, solidarity in suffering, justice, enhanced self-identity before God, ability to stand in the truth, invitation, consolation, a ‘new word’ spoken, or a shift that brought consolation³

¹Adapted from Maria Tattu Bowen and Together in the Mystery © 2020

²Adapted from Maureen Conroy, *Looking into the Well* (Loyola Press, 1989), 9.

³This question is taken from Mary Rose Bumpus and Rebecca Langer, “Supporting Beginning Directors: Participating in the Dance,” In *Supervision of Spiritual Directors: Engaging in Holy Mystery*, ed. Mary Rose Bumpus and Rebecca Bradburn Langer. (New York: Morehouse, 2005), 49-64.

4. How, when, and where did you, as the director, **experience God**?
5. Notice whether you were **surprised by** or **curious about** anything in the session - within yourself, in the directee, or in the space between you?
6. Drawn from the above reflections, articulate your **supervision focus** question or statement.
 - a. This is a question or statement around something that *occurred within you or between you and the directee* that you would like to explore for the benefit of the directee. Some examples:
 - i. I'd like to sit with the relief I felt when the directee canceled.
 - ii. Where did my desire to encourage my directee come from?
 - iii. I'd like to explore the awe I experienced when there was a breakthrough in our conversation.
7. Briefly **describe your directee** to your supervisor, including any relevant details but taking care to disguise their identity, even if you think your supervisor wouldn't know them.
8. Name any **relational challenges** (think personality, dual relationships, patterns, [transference](#), [countertransference](#), etc.):
9. **(If formal supervision) RDF:** please include a short exchange between you and your directee that gives some context to your case, using the [Remembered Dialogue Form here](#). Notice it's a *remembered* dialogue - not a verbatim. This isn't about getting the exchange completely accurate, but rather sharing a bit of the conversation as you remember it, in order to better understand what was going on in you and illustrate your focus. (For a 4 minute video explaining the RDF, go [here](#))

For Consultation (if applicable)

List here any consultation questions you might have regarding the "practice" of spiritual direction (i.e. a technique, concern, skill, question, etc.).

Post Supervision Reflection:

1. What, if any, new freedom did I experience?
2. What, if any, new awareness did I receive?
3. What, if any, new skills did I learn?
4. Is there anything I want to remember for the next time I meet with this directee?