

Discussion Questions for Rachel Naomi Remen's article on "Helping, Fixing, or Serving?"

1. What distinctions does Remen make between fixing, helping, and serving?
2. What does she mean by "My pain is the source of my compassion my woundedness is the key to my empathy." Why and how are pain and woundedness important?
3. What does she mean by "wholeness"? How do you know when you are whole or not whole?
4. Why does the woman with Crohn's disease feel connected to the woman who is serving her?
5. Should we keep a distance from the people we serve?
6. Remen says, "Service is a relationship between equals: our service strengthens us as well as others." Has this been your experience? How do you make sure your service is "equal"?
7. Have you ever been torn between "what is most professional" and "what best serves"? Which did you choose and why?