

Five steps of Spiritual Direction- CHN

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The document lists the five steps of Spiritual Direction:

1- Welcome: Establish relationship


2-Listening- Allow the directee to express self

3- Explore: The director invites the directee to explore experience and emotions

4- Meaning and discernment: Help the directee to discover meaning of prayer or life experience

5- Moving Forward: If the directee is open to it, provide specific suggestions to move forward.

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