**Brief bio of the directee:**  Always keeping strict confidentiality, describe a few characteristics of your directee that will help your readers understand the content of your conversation and your reactions (i.e.: age, marital status, job, family situation, how long you have been seeing them for direction, etc.). Give your directee the initial “D” in the question and conversation sections of the verbatim and designate yourself as "X" (your initial, e.g. “K” if your name is Kathy).

**Answer the following questions:**

1. Where did I experience the strongest reaction (feeling, gut response, thought) during the direction session, and what was it?
2. How did I experience God in this session?
3. Focus question – What was going on in me that moved me to bring this portion of the conversation to supervision?
4. What, if anything, would I do differently?

**Retelling your experience:** Try to capture the heart of the conversation, don’t worry about reiterating the exact wording. Number each person’s part of the conversation (i.e.: K1, D1, K2, D2). Press "Tab" to continue the columns. One to two pages is plenty.

|  |  |
| --- | --- |
| **Director’s Reactions:**  Feelings/Emotions,  Body: Gut/Intuition, Thoughts | **Conversation** |
|  | D1: |
|  | K1: |
|  | D2: |
|  | K2: |
|  |  |
|  |  |
|  |  |
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