

THE COMPANIONING PROCESS

FOLLOW

LEAD

Open the door



“What’s happening?”

Offer receptive silence



Ask cup-emptying questions



“What’s that like for you?”

Get to the heart of the matter



“What’s the hardest part?”

Ask virtues reflection questions



“What would give you the courage...?”

Ask closure and integration questions



“What’s been helpful? What’s clearer now?”

Give a virtues acknowledgement



“I hear your loyalty to your friend”

