**AFTER AN UNUSUAL EXPERIENCE**

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| --- | --- | --- | --- |
| Name: |  | Date: |  |
| Location: |  | Name of reviewer: |  |

1. What would you call this experience? Give it a name.
2. When did it happen? How long ago is that?
3. Is it still going on?
4. Where did it occur to start with?

Where did the action move to?

1. What was your situation at the time that the action began? (Where were you, the first time you heard about it? What were you doing? What time of day was it?)
2. Outline the major events of this unusual experience as you understand them to have happened?
3. Now, explain how you yourself were involved in the situation - include as many details as you can - try to re-live the experience, as this will help you process it. Again, feel free to include where and how you, yourself, experienced the Lord in the midst of it all.
4. What were the consequences of the situation **for you**?
5. What were the general consequences of the situation?
6. How has your life been impacted by these consequences?
7. What would you say were the losses you have sustained?
8. What have you gained by the experience? Have you learnt anything?
9. Consider each person who contributed to the impact this situation has had on your life:( e.g. people’s decisions, the way people or leaders handled the situation, restrictions, bonuses)
   1. Decide what you appreciate about their involvement in the situation - perhaps you could tell them?
   2. Is there anyone you may need to forgive? If so, decide what you need to forgive them for - go through the process of forgiving them. (This may also be too early as this point as emotions sometimes linger on, so you may need to revisit this in a couple of months when you are out of the situations.)
10. How will you go on with your life now?
11. Are there any changes you need/want to make?

Who will help you with those changes?

1. Did you think about where God is in this whole situation? If so, do you want to share some? Did you feel that He was far away or close by?
2. How do you feel now?
3. Finally; is there anything else you would like to share which we have not talked about?