**Background, seasons and timeline**

**When did you first get to the country? How old were you? How many years have you been in this country?**

**Can you make a timeline of your life with significant years mentioned?**

**If you would divide your time in the country into different seasons what would you name these seasons?** Please share briefly about each season. Maybe a special memory or something which stands out? (Can be positive or negative)

**Where is home?**

**EMOTIONAL HEALTH:**

**Which of the emotions have characterized your experience in the country?**

|  |  |  |
| --- | --- | --- |
| * Joy
 | * Relief
 | * Frustration
 |
| * Contentment
 | * Sense of Belonging
 | * Fear
 |
| * Optimism
 | * Valued by others
 | * Irritability
 |
| * Sense of fulfilment
 | * Relaxed
 | * Resentment
 |
| * Motivated x
 | * Loneliness
 | * Anger
 |
| * Peaceful
 | * Apathy
 | * Feeling misunderstood
 |
| * Anticipation
 | * Depression
 | * Anxiety x
 |
| * Competent
 | * Ongoing conflict with others
 | * Uninspired
 |
| * Accomplishment
 | * Not thinking clearly
 | * Inability to achieve goals
 |
| * Excitement
 | * Not able to do what you wanted
 | * Other
 |

**If you look back at your time in the field country what would you say is a *highlight* for you? (can be more than one thing or situation)**

**What has been the *hardest* with living in that country?**

**What have you *learnt* in the country? What have you taken with you?**

**Where was *God* through your time in the country?**

**How do you feel about *leaving* the country you used to call home?**

**Losses**

* ***Who* will you miss the most?**
* ***What* will you miss the most from your time in the country?**

**(Be specific as you list your losses. Maybe name the person, the food or the things)**

**Transition**

* ***Do you carry some luggage you would like to unload? (E.g. frustration, anger, disappointment, conflict with someone)***
* **Are there any other emotions you have which you want to talk about?**

**Future**

* **How do you feel about being in your passport country…for the next couple of years?**
* **Do you have friends and family in your passport country?**
* **How is your contact with friends from the country your used to call home?**

**COVID 19**

**How did Covid 19 change your plans and dreams for the last year?**

**How do you view God in the midst of this transition?**

**How can I pray for you?**