

AFTER AN UNUSUAL EXPERIENCE like COVID 19

What would you call this experience? Give it a name.

1. When did you first hear about the Corona Virus? How long ago is that?
2. 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?)
3. Where did the action move to? Are you still in the same place?
4. Is it still going on?
5. Outline the major events of this unusual experience you have experienced as you understand them to have happened?
6. 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.

7. What were the consequences of the situation **for you**? Did you have to make any changes? Or....maybe changes were made for you? By whom? The Government? Your boss? Family situation??

8. What were the general consequences of the situation in your city? In the country you are in? In the world?

9. How has your life been impacted by these consequences?

10. What would you say were the losses you have sustained?

11. Did you worry during this time? Maybe for your own health, your elderly parents, your kids' education, your country

12. What have you gained by the experience? Have you learnt anything?

13. Consider each person who contributed to the impact this situation has had on your life: (e.g. peoples decisions, the way people or leaders handled the situation, restrictions, bonuses). How are you feeling? Angry? Sad? Worried? Relived?
 - a. Decide what you appreciate about their involvement in the situation - perhaps you could tell them?
 - b. 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 at 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.)

14. How will you go on with your life now?

15. Are there any changes you need/want to make?
Who will help you with those changes?

16. 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? Where do you picture God in all of this? How did you relate to God through the Covid 19 situation?

17. How do you feel now?

18. Finally: is there anything else you would like to share which we have not talked about?