

ATh 601 Introduction to Pastoral Care

Exercise 5

By Thrita Sims

The practice of theological reflexivity involves four compartments in assessing spiritual orienting systems. The verbatim used in Exercise 1 will be used to determine which components are exemplified in the assessment.

The demeanor and body language of the care seeker before the conversation began indicated suffering. She was teary-eyed and shaking nervously. She was not at that time ready for any cocreating and was exhibiting life-limiting behaviors. Her first statement about how she felt no one needed her help may be a reflection of her embedded belief that not everyone is open to accepting her as a new member. It does not appear that her meaning-making is capable of allowing her to move beyond her emotions. The incident has caused her suffering and she was seeking a coping mechanism to counter react to those negative feelings.

In statement 3, the care seeker apologized for her actions even though most people probably would not have seen anything wrong about what she had done. This action may be a result of her childhood that one should immediately apologize to avoid negative confrontations. The second and fourth criteria, inflexibility and spiritual practices, may be at work here at this point in the conversation.

In statement 5, the care seeker admitted to feeling angry and embarrassed which could lead to future encounters for intercultural care. This admission shows that the care seeker is open to cocreating beliefs and

spiritual practices that would result in life-giving behaviors.