

# Spiritual Conversations

## The Dance Analogy

### **The Lead Partner**

The older person shares his/her perspective, values, beliefs, life story.

### **The Follower**

You, the spiritual carer, follow their story and draw out points from their narrative.

### **The Music**

Listening in a way that helps the older person articulate (and receive) meaning, purpose, and spiritual care.

### **Dance Steps**

Active listening skills,  
Body language,  
Reflective listening,

Tone of voice,  
Empathy,  
Unconditional Positive Regard.

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## The Spiritual Care Assessment

**Who am I?**

**Where am I going?**

**Where do I come from?**

**Why?**

## Conversation Opener Ideas

How is your heart?

Tell me your story.

What do you hope for now?

When do you feel peace?

What is most important to you?