

## **8 anti-burnout questions for care-givers**

Below, you 'll find a number of questions that you ask yourself after a helping conversation:

First, we have 3 *preparatory questions*. These are not necessary, but they make for fertile soil:

1. In this meeting, what expressions of the person *drew my attention*? What struck a chord? Which words or expressions?
2. Which *images or fantasies* have passed through my mind during this conversation? What might they suggest about (my sense of) what the person/persons give value to?
3. What parts of my life or *history* have been touched or awakened?

Now, you can focus on these questions:

4. *Where has this conversation taken me?* I.e.:
  - a thought?
  - something I can see more clearly now? I.e. about life, about what matters, about what is courage, about ...
  - something I now understand about my life, or my job? A perspective on my life?
  - certain aspects of actions I have taken which I can now appreciate?
  - an insight?
  - a desire to do something?
  - an inclination to have a conversation with someone,
  - how was it for me to go back to certain memories?
  - what might be different for me because I have been able to listen to this?

=> With whom would it be good to discuss this insight?

=> How might I like to put this into practice?

5. Has this conversation *enriched* my life?
6. In what way am I not entirely the same person anymore after this contact?

You can also occasionally ask yourself:

7. What have I become more aware of during the past week as a result of certain conversations?
8. Is there anything that I have done differently thanks to something I have learned or realized as a result of these therapeutic conversations?

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