

## IDENTIFYING CONSOLATION

**Recall and describe an experience of Consolation:**

**What feelings accompanied the experience?**

- Visceral/Physical sensations:
  
  
- Surface feelings:
  
  
- Deeper feelings:

**Were there thoughts or insights from the experience?**

**Could you identify a dominant spiritual movement (M)? Were there accompanying countermovements (CM) that you could recognize?**

## IDENTIFYING DESOLATION

**Recall and describe an experience of Desolation:**

**What feelings accompanied the experience?**

- Visceral/Physical sensations:
  
- Surface feelings:
  
- Deeper feelings:

**What thoughts could you remember from the experience?**

**Could you identify a dominant spiritual countermovement (CM)? Was there an accompanying movement (M)?**

**What did you learn as consequence to this experience of desolation?**