

# Personal Debriefing Questions

From a workshop by Ed Scheuerman of Pioneers

A suggestion for going through these questions: take about 2 hours to get by yourself and answer the questions. Then find a friend a small group of friends with whom to discuss most of the questions. After you talk through some of the questions, have a time of worship and prayer.

1. In 15 minutes, write down as many thoughts as possible about the trip. Include pre-trip preparation and training, and your concerns and fears before you went, along with your observations and feelings about the experience on the field.
2. Pick 3 items from number 1 that have been key to your experience. Describe them in more detail and tell why they were key experiences, thoughts, or feelings. (Take about 10 -15 minutes)
3. Write down 5 things you really liked about the culture.
4. Write down 5 things you really did not like about the culture.
5. Answer the following questions:
  - b. Through this experience, what has God said to me about my life in my home country?
  - c. Through this experience, what has God said to me about my walk with Him?
  - d. Through this experience, what has God said to me about His heart for the world?
  - e. Through this experience, what has God said to me about the work in the place I served?
6. How have you changed in . . .
  - a. your attitudes about other cultures?
  - b. Your attitudes about my home country?
  - c. Your attitudes about yourself?
  - d. Your understanding of God?
  - e. Your plans for the future?
7. List 3 godly ways that you can communicate these changes to your family and friends who did not serve with you.
8. In light of this mission experience, what are some ways that you want to change? (Example: I want to be less time conscious and more people conscious.)
9. List 3 godly ways you can begin to make these changes.
10. How do you plan to continue your involvement with the work in the place you served?  
Write an action plan to carry out these ideas.

11. Write short thank you notes to . . .
  - a. your field supervisor(s)
  - b. your home church/whoever supported you with finances and prayer your family
  - c. to the Mobilization Base
12. List 2 things that you would do again or keep as part of the project.
13. List 2 things that you would change about the experience and why.
14. Write down 2 things you would recommend that other people do to prepare to serve in the area in which you served.
15. Write down an outline for 2 or 3 stories learn to tell the story in 3 - 4 minutes. You might want to practice with someone to make sure the story is interesting and brief.
  - For ideas about how to tell your story, see “How to Tell Your Story” on the web at [www.thetask.org/students/approved](http://www.thetask.org/students/approved).

Questions 16 – 20 deal with issues of re-entry stress (also called reverse culture shock). For more information about recognizing and working through re-entry stress, see the “Debriefing” section on the web at [www.thetask.org/students/approved](http://www.thetask.org/students/approved).

16. From your overseas experience, do you feel you will have tendency to be critical of your home church or collegiate ministry when you return to your home country? If so, why? How can you work through these feelings in a godly way?
17. From your overseas experience, do you have feelings of superiority over those who "stayed behind (and are less spiritual)"? If so, why do you believe that going overseas is superior to staying in your home country to minister? How do you plan to work through these feelings in a godly way?
18. From your overseas experience, do you feel angry at those from your home country for . . .
  - a. wastefulness
  - b. apathy toward other cultures
  - c. driving "too fast"
  - d. not being truly interested in your mission experience
  - e. other (please explain)
19. Who can give you godly and wise advice about working through your feelings?
20. How do you plan to work through these feelings in a godly way to strengthen your relationship with God, your family and friends, and your ministry