



Ten Possible Questions to Ask Oneself after a Bikur Cholim Visit

Rabbi Simkha Y. Weintraub, LCSW © 2008

Please note: These are only suggestions for the self-debriefing that might follow a Bikur Cholim experience, and they are in no special order.

1. If you had certain expectations (of yourself, of the visitee) of this visit, what were they, and how do they compare to the ultimate experience?

2. What surprised you about this visit? What was unexpected?

3. What are you feeling at this moment?– some possibilities (underline all that apply):

Gratitude	Pain	Frustration	Special	Blessed	Angry
Relief	Despair	Successful	Empty	Uneasy	Regretful
Pride	Joy	Confusion	Light	Exhausted	Motivated
Humility	Helplessness	Curiosity	Heavy	Replenished	Shocked
Lonely	Hopeful	Repulsed	Appreciated	Sad	Repulsed
Connected	Failed	Ambivalent	Used	Touched	Rejected

4. What was *missing* from the visit – what would you have liked to have happened, that didn't?

5. If/When you were to pray for this individual, what would you express?

6. What name would you give to this visit, if it were a chapter of a book or a DVD? Or: What lesson or teaching might you derive from this experience?

7. What losses are front-and-center for you? Which losses are you grieving, or perhaps, *not* attending to?

8. What are you grateful for – that you can feel now, at this moment?

9. Is there something specific, maybe 'concrete,' that you can/should do for this individual, his/her family, or healthcare professionals as a follow-up to this visit?

10. Is there anything about this visit that relates to the weekly *parashah* (Torah portion) or an approaching Jewish marker – holiday, fast day, etc.?