**{TAB1}Table 1. Four Themes and Related Spiritual Questions**

|  |  |
| --- | --- |
| **Recurrent Themes**(Saunders & Heliker, 2008) | **Related Spiritual Questions** (Lepherd et al., 2019) |
| **Deciding to Move**Trigger eventDesire not to be a burden | How do you feel within yourself about your connection with people?How do you feel within yourself about yourcreativity (i.e., books, art, music).  |
| **Becoming Dependent**Embarrassment, frustration, anger, and helplessness | How do you feel within yourself about your faith,beliefs, and purpose?  |
| **Remembering/Yearning**Realization of increased vulnerability andPhysical limitations | How do you feel within yourself about yourconnection with someone, something higher,beyond yourself?  |
| **Creating a New Community**Importance of family and friendsPositive and negative aspectsSources:  | How important are these aspects of your life at thisspecific time of your life?In what ways has my exploring various aspects ofconnections you have in your life been useful/notuseful for you?  |

Lepherd et al. (2019) and Saunders & Heliker (2008).