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

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| **Recurrent Themes**  (Saunders & Heliker, 2008) | **Related Spiritual Questions** (Lepherd et al., 2019) |
| **Deciding to Move**  Trigger event  Desire not to be a burden | How do you feel within yourself about your  connection with people?  How do you feel within yourself about your  creativity (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 and  Physical limitations | How do you feel within yourself about your  connection with someone, something higher,  beyond yourself? |
| **Creating a New Community**  Importance of family and friends  Positive and negative aspects  Sources: | How important are these aspects of your life at this  specific time of your life?  In what ways has my exploring various aspects of  connections you have in your life been useful/not  useful for you? |

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