



# One-on-One Care Practice Scenarios

One-on-One Caregivers support transformation in the lives of people during difficult life transitions and circumstances by creating engaging one-on-one experiences and opportunities to build healthier relationships with God, themselves, and others.

## Goals

- Focus on asking questions that lead to sharing.
- Be patient with the development of the conversation and let them set the pace.
- See if you can identify what they are feeling. Can you articulate what they are feeling back to them?
- How would you do this in a way that demonstrates empathy vs. sympathy? Match their emotion.
- Can you tie in how we approach those feelings as Christians?
- Can you identify if there are any follow-up action steps?

## Avoid

- Talking more than listening
- Nonverbals that communicate a lack of care or interest
- Sharing too many personal stories or making your experiences the focus
- Trying to fix the emotion they are feeling
- Being positive, optimistic, or upbeat when it doesn't match what they are experiencing
- Using Christian clichés

## Scenarios

### Relationships with Spouse/Family

1. Woman, **divorced**, late 50s-early 60s, kids are out of the home, recent **job loss**, can only afford about 3 months more on her mortgage.
2. Man, 40s, his **wife left** him and took the kids. He's started coming to church.
3. Woman, early 40s, three kids at home. Her husband just informed her that he has been **cheating on her and has asked for a divorce**. He is the breadwinner.
4. Man, mid 20s. Found out that his **mom was cheating on his dad**. His parents informed him that they are going to get a divorce. He is currently living with them after college. His parents are not Christians. He came to faith over college but feels lost. He also isn't loving his job right now and is considering a **career change**.
5. Woman, mid 30s, **her father left** her mother when she was only 7. She hasn't seen him since. Her mother described him as abusive, reckless, and harmful. He had a history of cheating, drugs, and spending all the money leaving his family with nothing. She, herself, remembers him coming home, drunk, yelling, and abusive towards her mom. He recently contacted her over social media and **wants to connect and build a relationship**. She isn't sure that she wants to after the hurt he caused but also believes in second chances because of Jesus.



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## Addiction

6. Woman, early 30s, married for 4 years, no kids, husband is dealing with **substance abuse**, their **marriage** is in the process of **failing**, and she is trying to explore **faith**.
7. Man, single, late 30s, recently went through **recovery**, experiencing a difficult time finding a new **job**.

## Spiritual Crisis

8. Man, mid 20s, has started attending and is reading his bible. Has **questions on how to sense God** in his life. He is feeling alone.
9. Man, late 50s, his **wife, son, and daughter are not interested in faith**. Him and his wife had a Christian wedding, but she lost interest after her mother died, and his kids are not interested in coming to church and his wife says they don't have to go if they don't want to. He feels like a failure.

## Death, Grief, Loss

10. Woman, early 70s, **husband** recently **passed**, he wasn't a believer. She doesn't know how to mourn knowing that he wasn't saved.
11. Woman, late 60s, her mother was living with her and her daughter. **Mother** recently **passed**. She was the primary caretaker and is feeling a loss of identity and mourning the loss of her mother.
12. Man, late 20s, close friend just committed **suicide**. His friend was a believer, but how seriously he took his faith is in question.
13. Woman, mid 60s, her **parents just passed**. Her brother lost his job and moved in with the parents to be their primary caretaker. After their passing, he won't move out of the house, and her siblings are getting a **lawyer involved** to remove him. Both parties are confiding in her and trying to win her to their side. She is overwhelmed and sad at the loss of her parents.
14. Woman, early 30s. experienced **3<sup>rd</sup> miscarriage**. She and her husband have been trying to get pregnant for 6 years. She is wrestling with the questions of **why God would do this**.

## Terminal/Severe Illness

15. Man, mid 70s, diagnosed with **terminal colon cancer**. His wife passed 2 years ago from a stroke and his kids live out of state. He lives in his house of 50 years alone.
16. Woman, early 60s. Husband was diagnosed with **MS** 10 years ago. He recently fell, is now constrained to a wheelchair indefinitely. She **may have to quit her job** to be his full-time caretaker.
17. Man, late 40s, recently diagnosed with a **degenerative eye disease**. Doctor says he'll likely go blind over the course of the next decade. He has a wife and three kids at home who **depend on his salary**.
18. Woman mid 20s. Just learned she has a rare **kidney disease**. She doesn't know her dad, but her mom died of same disease at age 40. She is in immense physical pain. Doctors say there is no treatment, and she **may not make more than 7 years**. She is from out of state, no friends in this area.
19. Man, mid 30s. Suffered **severe burns** on 90% of his body when he was 2 years old. He has **PTSD** from the medical treatment he received throughout his life for the burns. He's **nervous about** attending church in person and having **Christian community**. His face is visibly scarred and disfigured. He wears sunglasses when talking to you.



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20. Woman in her early 50s, son is in a medically induced **coma** after a car accident.