

## **Pilgrim House**

### **Debriefing and Journaling Questions**

Congratulations! You've completed your journey on the Camino de Santiago. Enjoy the moment and celebrate! When you're ready, take some time, too, to rest and reflect on your pilgrimage. Answering some of these questions can help; you can journal these for a private reflection or use them as a guide to talk through your journey with someone else.

#### General Camino Reflections

- Write down 3 things you really liked about the Camino.
- Write down 3 things you really did not like about the Camino.
- What are 3 things you'll never forget about your pilgrimage?

#### Before and During

- What did you expect to get out of your Camino experience? How did those expectations differ from the real thing?
- What were your concerns before you started the Camino? Did they come true, and how did you deal with them?

#### Exploring Deeper Matters

- When you started the Camino, did you have questions about faith, spirituality, pilgrimage, or purpose? What did you learn?
- Would you like to keep exploring these questions when you get home? If so, what will you do to keep searching for answers? (i.e. books to read, people to talk to)

#### Changes

- Have you been challenged in any of the following areas? If so, how?
  - Your view of yourself?
  - Your view of other cultures?
  - Your plans for the future?
  - Your understanding of God/spirituality?
- In light of your answers, what are some changes you'd like to make in response to your Camino experience?
- For each change, list one or two action steps you can take.
- Who are 3 people to whom you'd like to communicate these changes?

#### Connecting and Remembering

- Who was on your mind as you walked the Camino? If they are still living, would you like to connect with them? Make a note to do so and a date to do it by.
- If they have already passed away, is there something special you'd like to do to remember and/or celebrate their life when you get home?

#### Finding Peace with God and Others

- In what areas do you need to ask for forgiveness, whether it be from God, a family member, friend, or colleague?
- What will you do to take the first steps to peace in these relationships?

#### Going Home

- In what ways are you looking forward to going home?
- In what ways are you anxious about going back home?
- From your Camino experience, in what areas will you be tempted to criticize your home culture? How can you work through these feelings even now?
- Coming off your Camino experience, do you have feelings of superiority over those who stayed behind? If so, how can you work to stay humble and grateful?

#### Lessons that Keep Going

- If you were to have the whole Camino experience over again, what would you do differently?
- What will you do to purposefully rest and continue processing from the Camino?

- How will you celebrate the completion of your Camino when you get home?