

# Worksheet for Leaders Managing Emotionally Difficult Issues in the Parish

*This worksheet can be used to explore the dynamics and needs of a particular issue. If this is followed by a process in which small groups work on the issue – 1). Remember – only share what you are willing to share; 2). Enter into the conversation with an awareness of how open you are to receiving the help of others, and of offering help to them.*

1. Around this particular issue – how many people in your parish are likely to be emotional upset? Your best guess of the percentage of adults in each category.

Very Upset	Somewhat Upset	Mildly upset	Very Little; it will pass	Not Upset

2. How upset are you about the issue?

Very Upset	Somewhat Upset	Mildly upset	Very Little; it will pass	Not Upset

3. In terms of those who are most upset -- What is your understanding of, or hunch about, what it is about the situation that they find so upsetting?

4. How are they likely to respond to being upset? – Impact in the parish, on you, etc.

5. How do you see yourself managing this?

6. If you were going to shoot yourself in the foot in this process – how might you do it?