

Stepping Into Your Role as a Companion

What is *Returning Well*?

Returning Well is a guidebook that invites your friend into a guided conversation with their Creator that will reveal and apply significant insights or treasures as they reflect on their recent season of cross-cultural service. By using *Returning Well*, they will discover how this season influenced them, how to re-integrate well, and what moving forward in faith means for them.

Who is a Companion?

A *Returning Well* Companion is someone a returnee can **trust** and with whom he or she can **feel safe**, who can and will **keep confidences**, who is **skilled at listening well**, who is **genuinely interested** in a returnee's story and **cares** about a returnee as a person, who is likely to be comfortable with and **accepting of a wide range of emotions**, and with whom a **returnee can share most** all aspects (the fun and the difficult) of the life that they lived cross-culturally.

Where is the “Serving as a *Returning Well* Companion” article?

The “Serving as a *Returning Well* Companion” article is available at the back of *Returning Well* or at www.ReturningWell.com under [Resources](#) (be sure to use the password from Chapter One in your friend's book).



What are the nine most critical aspects of being a **COMPANION**?

Care, concern, and compassion is the overflow of your heart.

Overt confidentiality means not sharing what is said, honoring your friend's invite list, and meeting in a confidential environment.

Meekness and a posture of humility means you consider your friend better than yourself, have awe and wonder at His work in and through them, and fully enter their story.

Patient presence filled with grace creates a safe place, sifts well, and embraces non-linear reflections.

Align to the agenda of your friend, including their agenda for all the meetings, but also for each meeting. Use the questions in the “Serving as a *Returning Well* Companion” article.

Non-glazing empathy means remaining engaged, putting yourself in their shoes, and acknowledging well.

Interest that is true, genuine—often demonstrated in your face, posture, and speech as well as by eliminating distractions.

Open to the needs of your friend means praying for your friend, helping them practically, and with permission, connecting them with others.

Non-judgmental explorers use open-ended questions to explore their friend's story, listen for the onion pause, and avoid the following: interrupting, giving advice, or sharing their own stories unsolicited.



And remember, “A forest or two...”