

**T.H.R.I.V.E. Questions**

Below are some questions which might help you to think through the areas highlighted in the T.H.R.I.V.E. document. Some people find it useful to rate themselves out of 10 on things to prioritise areas and to measure how they improve. Feel free to do this if you find it helpful, but please remember that the aim is not to raise guilt levels but to help you to THRIVE, so use it in the way which will most help you to do that. We are all individual and work in different ways.

1. **Tune your life to healthy rhythms**
   * What rhythms have you got in place?
     1. Spiritually
     2. Physically
     3. Mentally
     4. Relationally
   * Which of those are healthy and which need changing?
   * How can you best do this?
2. **Handle expectations**
   * What are the expectations that you are aware of at present (from those in authority over you, those you serve, and perhaps most importantly from yourself)?
   * Are these expectations realistic?
   * What do you need to do to manage those expectations?
3. **Recognize times of vulnerability**
   * When are the times that you notice feeling vulnerable?
   * What has helped you through such times in the past?
   * What things could you do to help support yourself through the more vulnerable times at the moment? (These could be ones you have used previously, adaptations of them or things that are totally new)
4. **Identify spaces to be heard**
   * Where are the usual safe spaces where you feel heard and supported?
   * Where are your current safe spaces?
   * Are your current safe spaces sufficient?
   * If not, how could they be supplemented/changed?
5. **Value and affirm**
   * Where are you currently finding your value?
   * List three things every day that you have achieved (these can be as small or large as you like).
   * What support can you access to help you to feel more valued and affirmed?
6. **Establish healthy boundaries**
   * Which boundaries are proving difficult at present?
   * What actions can you take to address each of these?

If having worked through these questions you find that you would like to access further support:

Coaching is offered through [Coaching@manchester.anglican.org](mailto:Coaching@manchester.anglican.org)

Counselling through IDCS <https://interdiocesancounsellingservice.org.uk/>