

## A Personal Assessment

Take time to consider the following points. Read them. Think about them, then write down your answers and observations in your notebook or journal. You may also want to have each member of your family consider these points.

Of course, there are no right or wrong answers to any of these. They are provided simply to help you focus on a number of factors that are important to the re-entry process. Through serious consideration of these points, you will get some idea of the re-entry stress that may lie ahead of you. To be forewarned is to be forearmed! To be aware of the challenges you face upon your return home is to avoid being totally overcome by them when they occur. If you see that you are going to experience a high degree of re-entry stress, do not become disheartened. Be assured that God is greater than your greatest challenge. Meditate on God's promise to you, which He first spoke to the Children of Israel prior to their entrance into the Promised Land: "I will not, will not in any degree leave you helpless, nor forsake nor let you down, relax My hold on you. --Assuredly not!" (Hebrews 13:5, Amp.)

### Host Country

- How long have you been away from your home country?
- In what ways have you identified with the host culture?
- In what ways are the host culture and your culture similar and dissimilar (e.g., climate, geography, language, religion, standard of living, ethnic groups, politics, dress, customs)?
- How fulfilled do you feel in your overseas work and experience? What has it been like for you?
- What will it be like to be away from the host culture (i.e., friends, places, ministry)?

### Personal Characteristics

- Describe your physical health (e.g., stamina, nutrition, eating habits, stress levels, exercise).
- Identify and jot down some personal qualities that may help or hinder your adjustment.
- Have you notice any important changes in who you are since living abroad? List them.
- Describe any important transitions you or a family member are going through (e.g., marriage, children leaving home, entering mid-life or retirement, births, deaths, or even divorce).
- In what ways are you preparing for your return home?

### Home Culture

- How long will you be staying home?
- Describe the primary purposes or expectations for your return.
- What have any previous re-entry experiences been like?
- To what extent have you stayed updated on events and changes back home (i.e., reading, news, letters, phone calls)?
- Describe the quality of your support groups in your home country (family, friends, church).

from *Re-Entry* by Peter Jordan, YWAM Publishing, 1992 (Available at Amazon.com)