

**A DISCERNMENT PROCESS
BASED ON THE IGNATIAN TRADITION**

INGREDIENTS OF DISCERNMENT	STEPS FOR IGNATIAN DISCERNMENT	REMARKS
	IDENTIFY THE DECISION THAT FACES ME OR THE ISSUE. Do I have all the information that I might need?	
REFLECTING ON EXPERIENCE	IDENTIFY MY INITIAL INCLINATIONS/BIASES, WITH SPECIAL ATTENTION TO HOW MY DEFAULT FEELINGS, AUTOMATIC THOUGHTS, AND/OR HUNGERS MAY BE AFFECTING ME.	
	EXAMINE THE UNDERLYING VALUES (HUMAN, CHRISTIAN, SPIRITUAL) AND PERSONAL CONCERNS INVOLVED: Good vs. Greater Good?	
DISCERNING OUR RESPONSE	STRIVE FOR IGNATIAN INDIFFERENCE or INTERIOR FREEDOM.	
	TAKE TIME TO PRAY OVER THE MATTER, PAYING ATTENTION TO HOW WE ARE BEING DRAWN OR LED.	
	MAKE A CHOICE BASED ON THE RESULTS OF HEAD WORK AND HEART WORK.	
PRAY FOR CONFIRMATION	DISCUSS THE MATTER WITH A SPIRITUAL COMPANION.	
	DIALOGUE WITH THOSE WHO WILL BE INTIMATELY AFFECTED BY THE DECISION BEING MADE.	
	LIVE OUT YOUR DECISION WITH COURAGE, HOPE, AND TRUST.	

Traub, George W. SJ (2008). *An Ignatian Spirituality Reader: Contemporary Writings on St. Ignatius of Loyola, the Spiritual Exercises, Discernment, and More.*