

Common Feelings After a Mission Trip

FEELINGS

Feeling confused?

You may feel confused as the values, attitudes, and lifestyles you observed in your host country conflict with those you live with at home.



Deep differences in cultures require time to explore. Take time to evaluate both cultural perspectives and ask God how He wants you to evaluate and learn from these differences.

Feeling lonely?

Friends and family seem disinterested in hearing about aspects of your experiences that you find most meaningful. You also feel as if you've changed and you need to feel as if someone is acknowledging this change.



You may need to realize that people are adjusting to changes in you. Since they have not experienced what you did, they may have difficulty relating and feel uncertain about the changes in you. Discuss your feelings. Your friends may feel left out or rejected themselves.

Feeling critical and unaccepting?

Your attitude and opinions are critical about your home community about things like materialism. You're not sure what to do with these negative feelings about your own country, as you feel quite isolated.



Be cautious in bringing up controversial subjects. Keep the perspective that as of yet, you may not have a balanced on this feeling. Share with others who understand the issues you wrestle with.

Feeling "a little bit superior"?

You have experienced a new culture, people and new way of serving. You are taking life more seriously. People at home seem so preoccupied with non-essentials in life.



Humbly thank God for your new outlook. Use your new insights and enthusiasm in the most positive ways. Look for opportunities to engage others in experiences that will help them go down the same road of evaluating life.

ANTIDOTE OR SOLUTIONS

Feeling anxious or apprehensive?

You're not sure what all this means to your future. How do I put all these new ideas, opinions, and ways I am growing into the fabric of my life? Who will understand me? What do I do next? Are there changes I need to make in my educational pursuits? My lifestyle? My priorities?

→ Ask God for insights about integrating your experiences into your life. Take advantage of educational opportunities and alternatives by finding ways to study these new subjects. Get involved with other cultures. Seek the advice of counselors and mentors in pursuing a new life course.

Feelings stressed and like you've lost time?

You feel like since you have arrived home, the busy schedule of your daily life is not letting you debrief your trip. You feel you do not have time to fit missions in your life in America.

→ Give yourself time to debrief your trip. Before your trip, plan people you will discuss your trip with in detail. Also journal about your trip, so you can go back and read and relive experiences you had. Cut out time in your busy schedules to pray for the missionaries you stayed with in country. Know your schedule in America is very different then when overseas, and take time to process that when you arrive back home.