Accepting phone calls at any time of the day or night	Agreeing to be a counsellor	Agreeing to do jobs and then dropping them (knowingly) without letting anyone know
Angry phone calls to Friends	Asking for a meeting with Area Meeting Elders and Overseers to share concerns	Asking how an appointment went
Asking to hold someone in the Light and giving personal details during Meeting for Worship.	Being very fidgety in Meeting for Worship	Collecting prescriptions
Committing to a regular meeting or activity with the Friend	Contacting the counsellor or therapist who the Friend is seeing	Encouraging a carer to seek respite
Enquiring about the process/progress of a Friend's counselling or therapy	Enquiring when a Friend is not present at Meeting	Frequent repetitive ministry
Giving a Friend a role in the Meeting to increase self-esteem or their sense of belonging	Giving emergency phone numbers	Giving lifts to places
Giving money/ financial support [to a distressed Friend] – as a one off or regularly	Giving the contact numbers of other members without their consent	Holding a Meeting for Clearness when a Friend's behaviour is difficult for the Meeting to contain
Holding a threshing meeting to find a way forward in supporting a member or attender	Hugging	Including the friend in everything one does

Interpreting a Friend's dreams	Inviting a [distressed] Friend to a concert, cinema, or theatre or to go for a walk	Inviting a [distressed] Friend to come and stay in your home
Inviting a Friend to join you on holiday	Inviting someone to stay overnight	Lending money
Liaising with someone from the Community Mental Health Team	Long rambling ministry	Making a regular appointment to meet with a Friend outside Meeting
Making appointments for a Friend to visit a counsellor	Making up medicine trays for a Friend	Ministering about a Friend's distress
Ministry centred on personal problems	Monitoring a Friend's compliance with medication regime	Offering a Meeting for Clearness to an individual Friend
Offering therapy without cost	Offering to sit with someone who is mentally distressed to give the carer some respite	Open repeated complaints about the Meeting
Preaching	Regularly arriving very late for meeting	Repeated demands of the meeting
Sending cards to a Friend	Sharing concerns about a Friend with Area Meeting	Sharing concerns with the family of a distressed Friend

Sharing examples of inappropriate behaviour with Elders and Overseers	Sharing personal information about the illness with others in Meeting	Sleeping in Meeting for Worship
Speaking to a Friend after Meeting about inappropriate ministry	Standing silently during inappropriate ministry	Standing uncomfortably close to women
Suggesting books that may be of help	Suggesting that a carer needs respite	Taking a Friend to therapy or to a hospital or doctor's appointment
Taking the friend in as a lodger	Talking about the devil, Satan or evil	Upset at the slightest thing, so everyone feels they are treading on egg-shells
Vocally eldering inappropriate ministry		