

**Spiritual Self-Assessment Tool**

❖ I have people who care for me.

1 Not at all      2 Only a little bit      3 Moderately so      4 Considerably so      5 Abundantly so

People who support me...	What they do to help me...	In those relationships <i>where there is conflict</i> (eg. disagreement about making decisions; distrust; abandonment), here s the problem:

❖ What I "hold onto" in difficult times (what sustains me and keeps me going) is:

❖ The PRACTICES I use to build myself up are (mark with a "✓"):

- |  |  |
|--|--|
| <input type="checkbox"/> Music (playing, singing, listening)   | <input type="checkbox"/> Art (creation, appreciation)                                      |
| <input type="checkbox"/> Crafts (knitting, sewing, shop, etc.) | <input type="checkbox"/> Work / Job / Vocation   |
| <input type="checkbox"/> Walking                               | <input type="checkbox"/> Physical activity / workout                                       |
| <input type="checkbox"/> Attention to diet                     | <input type="checkbox"/> Substance use (cigarettes, alcohol, drugs)                        |
| <input type="checkbox"/> Communing with nature                 | <input type="checkbox"/> Gardening   |
| <input type="checkbox"/> Pet care                              | <input type="checkbox"/> Leisure reading   |
| <input type="checkbox"/> Study                                 | <input type="checkbox"/> Devotional reading  |
| <input type="checkbox"/> Meditation                            | <input type="checkbox"/> Attending religious services                                      |
| <input type="checkbox"/> Prayer                                | <input type="checkbox"/> Relationships within faith or cultural or neighbourhood community |
| <input type="checkbox"/> Other _____                           |  |

❖ On the same list (above), with a second "✓" mark the important activities / routines that are missing for you right now and that are very-much-missed.

❖ I worry there are PRACTICES I use, to cope, which may be harmful or destructive:  Yes  No

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ASSMT026

## Spiritual Self-Assessment Tool

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❖ I have a way of THINKING (or a way of believing) that supports or builds me up:  Yes  No

If "Yes": The name (or a description) of my thinking / believing / spirituality / philosophy / religion is:

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❖ The influence of my THINKING and PRACTICES on the way I care for myself is:

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❖ There is conflict between my THINKING and PRACTICES and the medical situation / care / decision-making that I face.

Yes  No

If "Yes": The conflict is \_\_\_\_\_

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❖ Check off ("✓") any of the following statements that are true:

- \_\_\_ I am having doubts about my thinking / faith / beliefs / practices.
- \_\_\_ I am in conflict with my faith / spiritual community and/or its leadership.
- \_\_\_ I am not sure what I believe anymore
- \_\_\_ I somehow keep doing other than what-I-know-I-ought-to-be-doing.
- \_\_\_ I feel guilty about the way I think, feel or act.
- \_\_\_ It sometimes seems to me like I am being punished .
- \_\_\_ I feel angry for what is happening to me.
- \_\_\_ I feel alone.
- \_\_\_ It feels to me like I've let someone (or something) down.
- \_\_\_ I wrestle with whether-or-not I measure up and am loved.
- \_\_\_ I sometimes think that evil is involved here, somehow.
- \_\_\_ I sometimes ask, "Why?" or, in other words, "What is the meaning or purpose of this (medical) situation?"

❖ There are months when I have difficulty making ends meet.

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1	2	3	4	5
Not at all	Rarely	More than a bit	Fairly often	Always

❖ I am struggling to cope.

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1	2	3	4	5
Not at all	Only a little bit	Moderately so	Considerably so	Abundantly so

