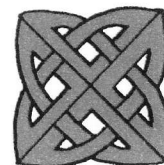


SPIRITUAL HEALTH ASSESSMENT

Healing through Awareness



Based on "Healing the Four Dimensions of Spiritual Pain" in the classical Sacred Art of Living and Dying tradition

NAME/CARE RECEIVER _____ CARE GIVER [optional] _____
 DATE _____ TIME _____ LOCATION _____

INSTRUCTIONS

- Quiet yourself through conscious breathing and take a moment for reflection or prayer.
- Circle the deepest feelings that describe "How you are within yourself" today.
- Use the optional questions as a guide for insight. Reflect on the questions that speak to you or see if new questions arise.
- Record and compare your answers at regular intervals in order to discover patterns of spiritual distress and health
- Consider journaling about the stories that may show up from your reflections and/or share them with a friend.
- Trust that awareness is the first step towards healing. Instead of trying to fix spiritual pain, it only needs to be listened to and received.

MEANING

1	2	3	4	5
Life is filled with purpose and meaning		I feel generally motivated		Life has become meaningless

What is giving me life and energy right now? _____
 How are my talents and gifts serving the needs of others? _____

FORGIVENESS

1	2	3	4	5
I feel a deep sense of reconciliation towards myself and others		There are no outstanding issues that are calling for forgiveness in my life		I feel a strong sense of un-forgiveness towards myself and/or another

What regrets might be stealing my peace of mind? _____
 How might regret be replaced by gratitude? _____

RELATEDNESS

1	2	3	4	5
I feel a strong sense of connection with the persons and things that matter most to me		Most important areas of my life seem balanced		I feel seriously alienated from someone/thing that is important to me

What failure could be a teacher for me? _____
 How do I hold blessing and brokenness in my relationships? _____

HOPE

1	2	3	4	5
I feel hope-filled and optimistic		I generally trust what the future holds for me		I am experiencing deep depression and hopelessness

What dreams keep me alive? _____
 How do I sustain hope knowing that I will die? _____