## Spiritual Self-Assessment

The purpose of this activity is to help you in identifying a sense of your spirituality. There are no “right” or “wrong” answers. It is provided to guide you as you think through what brings you a sense of meaning and comfort.

1. **The most important relationships in my life include:**
   - My family of origin (parents, siblings, etc)
   - A significant other or spouse
   - Children
   - Friends
   - God or a Higher Power
   - People I work with
   - Other ______________________

2. **Who or what helps you find meaning and a sense of purpose?**
   - Family relationships
   - Friendships
   - Work
   - Relationships with the earth/environment
   - God or a Higher Power
   - Other ______________________

3. **What helps you cope in difficult times?**
   - Support of family/friends
   - Belief in the basic goodness of life
   - Faith in God/Higher Power
   - Music/poetry/literature
   - Prayer or meditation
   - Other ______________________

4. **How do you take care of yourself?**
   - Time alone
   - Talking with others
   - Physical exercise, diet
   - Prayer, meditation, or other ritual
   - Nothing
   - Other ______________________

5. **Do you believe in God/a Higher Power?:**
   - Yes
   - Somewhat
   - No

6. **If yes, how would you describe God/your Higher Power?**
   - Angry
   - In control of all events
   - Judging
   - All-knowing
   - Kind
   - Able to do anything
   - Loving
   - Other ______________________

7. **If no, what are your beliefs about life?**
   - Random events
   - Meaning comes from __________________
   - Hopelessness
   - Other ______________________

8. **Are there any spiritual practices that are important to you?**
   - Attending religious services
   - Prayer
   - Reading Scripture
   - Meditation
   - Rituals
   - Yoga
   - Other ______________________