

Spiritual Assessment

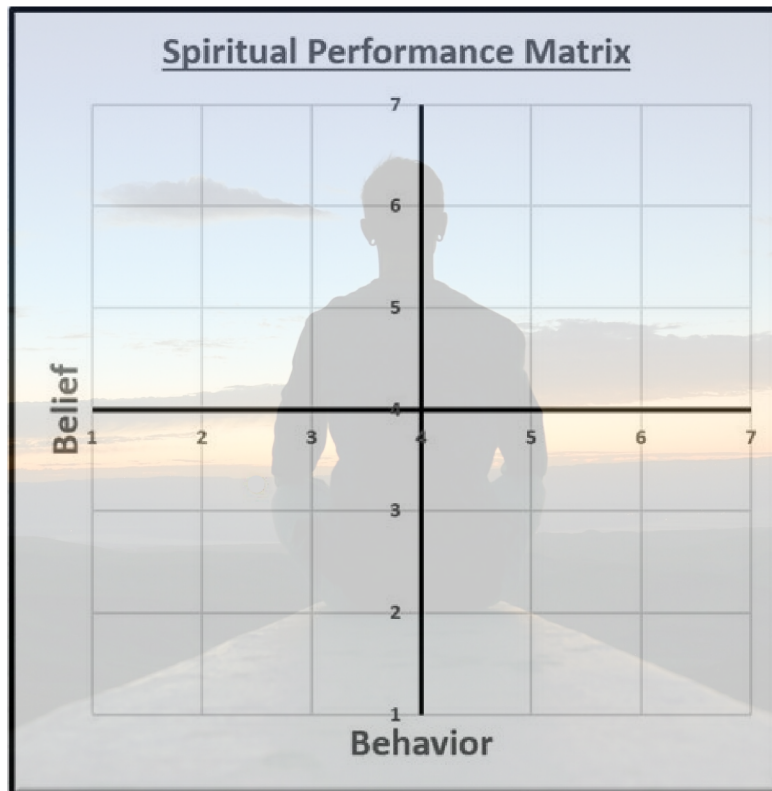
| Question | Strongly Agree | Disagree | Somewhat Disagree | Neutral | Somewhat Agree | Agree | Strongly Agree | SCORE: |
|---|----------------|--------------------|-------------------------|---------------------|--------------------------|--------------------|-------------------------|--------|
| 1. My life experiences have affected my spiritual/ core beliefs in a positive way. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 2. My spiritual/ core beliefs are a key influence in my daily life and decision-making. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 3. I belong to a faith community or meet regularly with others of similar spiritual/ core beliefs for the purpose of deepening those beliefs. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 4. My spiritual/ core beliefs give meaning and explain "why" when negative things happen in my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 5. When others around me are going through a difficult time, I use my spiritual/ core beliefs to encourage and support them. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 6. I would rather give up my life than compromise or violate my spiritual/ core beliefs. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 7. My spiritual/ core beliefs provide satisfactory answers to life's BIG questions (meaning/ purpose of life, how I deal with death, why is there evil, why do I exist?). | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 8. I often turn to spiritual leaders, friends, or communities in times of trouble or significant stress. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| | Never | Once a Year | 2-6 Times a Year | Once a Month | 2-3 Times a Month | Once a Week | 2-3 Times a Week | Score: |
| 9. How often do you take time to consider the BIG questions of life (Why I exist? Who am I? What is my purpose? Etc.)? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 10. How often do you gather with other people for positive/ spiritual activities (i.e. attending religious services, volunteering in the community, attending positive family events, etc.)? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 11. How often do you deliberately engage in activities that build the human spirit (i.e. prayer, meditation, fasting, listening to inspirational music, nature, journaling, giving to charity, etc.)? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |

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This matrix measures the relationship between belief and behavior. To quickly assess your spiritual performance, add the following then graph your result:

Belief Questions: 1) __ + 2) __ + 4) __ + 5) __ + 6) __ + 7) __ = __ / 6 = Belief Score ____

Behavior Questions: 3) __ + 8) __ + 9) __ + 10) __ + 11) __ = __ / 5 = Behavior Score ____



This graph is a representation of your current Spiritual Performance correlating your beliefs and behaviors.

- Top Right Quad: Continue a balanced approach to increasing individual spiritual performance.
- Top Left Quad: Consider working on developing deeper core beliefs, identity, and purpose; maintain positive behaviors.
- Bottom Right Quad: Consider focusing effort on developing positive behavior patterns; maintain positive beliefs.
- Bottom Left Quad: Individuals within this quad may be experiencing significant depression, anxiety, moral injury, or suicide ideations. If these are characteristic of how you feel, speak with your Chaplain immediately and confidentially.

Refer to the Spiritual Domain section of this workbook for more information.