

# 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 and take a moment for reflection or prayer.
- Circle the deepest truth that describes "How you are within yourself" today.
- Use the optional questions as a guide for insight.
- Record and compare your answers at regular intervals in order to discover patterns of spiritual health or distress.
- 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? \_\_\_\_\_  
 Who or what keeps me from being fully alive? \_\_\_\_\_

### 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

Who or what do I need to forgive? \_\_\_\_\_  
 From whom do I need seek forgiveness? \_\_\_\_\_

### 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

Who are you and 'whose' are you? \_\_\_\_\_  
 Who or what do I fear losing? \_\_\_\_\_

### 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? \_\_\_\_\_  
 Why might I feel depressed or hopeless? \_\_\_\_\_