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? __________________________________________________________