

Therapeutic Family Center

Spiritual Assessment Inventory

Please respond to each statement below by writing the number that best represents your experience.

- It is best to answer according to what really reflects your experience rather than what you think your experience should be.
- Give the answer that comes to mind first. Don't spend too much time thinking about an item.
- Give the best possible response to each statement even if it does not provide all the information you would like.
- Try your best to respond to all statements. Your answers will be completely confidential.

Some of the statements consist of two parts as shown here: For example,

- 2.1] there are times when I feel disappointed with God.
- 2.2] When this happens, I still want our relationship to continue.

For each of your answer, place a weight value of 1-5

1

2

3

4

5

Not True/ Slightly True/ Moderately True/ Substantially True/ Very True

Please Note: Your responses and the weight you given to each answer informs of the effects of your experiences and relationship with God; and of how spiritual issues may be affecting your balance. Answers ("3-5") must be described in a statement.

SPIRITUAL ASSESSMENT INVENTORY #1

1. I have a sense of how God is working in my life
- 2.1 There are times when I feel disappointed with God

- 2.2 When this happens, I still want our relationship to continue
3. God's presence feels very real to me
4. I am afraid that God will give up on me
5. I seem to have a unique ability to influence God through my prayers
6. Listening to God is an essential part of my life
7. I am always in a worshipful mood when I go to church.
- 8.1 There are times when I feel frustrated with God
- 8.2 When I feel this way, I still desire to put effort into our relationship
9. I am aware of God prompting me to do things
10. My emotional connection with God is unstable
11. My experiences of God's responses to me affect me greatly
- 12.1 There are times when I feel irritated at God
- 12.2 When I feel this way, I am able to come to some sense of resolution in our relationship
13. God recognizes that I am more spiritual than most people are
14. I always seek God's guidance for every decision I make
15. I am aware of God's presence in my interactions with other people
16. There are times when I feel that God is punishing me
17. I am aware of God responding to me in a variety of ways
- 18.1 There are times when I feel angry with God
- 18.2 When this happens, I still have the sense that God will always be with me
19. I am aware of God attending to me in times of need

20. God understands that my needs are more important than most other

People's needs are

21. I am aware of God telling me to do something

SPIRITUAL ASSESSMENT INVENTORY #2

22. I worry that I will be left out of God's plans

23. My experiences of God's presence impacts me greatly

24. I am always as kind at home, as I am at church.

25. I have a sense of the direction in which God is guiding me

26. My relationship with God is an extraordinary one that most people would not understand

27.1 There are times when I feel betrayed by God

27.2 When I feel this way, I put effort into restoring our relationship

28. I am aware of God communicating to me in a variety of ways

29. Manipulating God seems to be the best way to get what I want

30. I am aware of God's presence in times of need

31. From day to day, I sense God being with me

32. I pray for all my friends and relatives every day

33.1 There are times when I feel frustrated by God for not responding to my prayers

33.2 When I feel this way, I am able to talk it through with God

34. I have a sense of God communicating guidance to me

35 When I sin, I tend to withdraw from God

36. I experience an awareness of God speaking to me personally
37. I find my prayers to God are more effective than other people's
38. I am always in the mood to pray.
39. I feel I have to please God or he might reject me
- 40 I have a strong impression of God's presence
41. There are times when I feel that God is angry at me
42. I am aware of God being very near to me
43. When I sin, I am afraid of what God will do to me
44. When I consult God about decisions in my life, I am aware -- to my prayers of his direction and help
45. I seem to be more gifted than most people in discerning God's will are
46. When I feel God is not protecting me, I tend to feel worthless
- 47.1 There are times when I feel like God has let me down
- 47.2 When this happens, my trust in God is not completely broken

Scoring Instructions: The score for each scale is the average of answered items. If the respondent omits more than half the items for a given scale, the scale cannot be scored.