

Spiritual Assessment

1. How does your spiritual side affect your health?
2. Would you describe yourself as a religious person?
3. What does spirituality mean to you?
4. Who is your source of spiritual strength?
5. Do you use prayer in your life? How often?
6. How would you describe your higher power?
7. Who is important in your life now?
8. What do you think God is asking of you now?
9. What is important in your life now?
10. What do you care about most?
11. What gives you meaning and purpose in life?
12. What activities help you to accomplish your purpose in life?
13. How do you express your spiritual/religious side?
14. What types of spiritual activities or experiences do you enjoy?
15. What is sacred or holy to you?

16. What does suffering mean to you?
17. What does dying mean to you?
18. How can I as a spiritual provider assist you in maintaining the religious/spiritual resources in your life?
19. What gives you peace?
20. How do you perceive that you are loved by others?
21. What do you do when you need help?
22. Have you ever experienced feelings of guilt, anger, resentment, and/or bitterness?
23. How do you handle these feelings?
24. Who do you need to forgive?
25. What prompts you to forgive others?
26. What resources do you use to help you accept forgiveness?
27. What are your spiritual issues/concerns?
28. Is there something you want to confess?
29. Would you describe yourself as hopeful?
30. What resources do you use to obtain (maintain) a sense of hope?