



Spirituality Assessment

Never Sometimes Often

1. _____ I have a deep sense of being connected to a Spiritual Connection
2. _____ I have blocks that keep me from opening up fully to my Spiritual Connection
3. _____ I have faith that the future will unfold in a way that is loving and supportive to me
4. _____ I resist connecting Spiritually because of past negative experiences with Spirituality
5. _____ I don't resonate with my childhood Spiritual upbringing but I haven't found anything that I can embrace that does resonate with me
6. _____ I feel that I am loved on a very deep level by my Spiritual Connection
7. _____ I feel guilt that I am not following Spiritual expectations from my family or the church that I attended when I was growing up
8. _____ Are your feelings connected to Spirituality more fear based or love based
9. _____ I feel ashamed of who I am and have a hard time believing my Spiritual Connection loves me
10. _____ I don't trust that I can explore my Spirituality on my own
11. _____ I don't believe I can directly connect with Spirit
12. _____ I reach out to my Spiritual Connection for guidance and support
13. _____ I am in tune with my intuition and use it to make decisions in my life
14. _____ I try to connect with my Spiritual Connection but I feel blocked from this connection