

# CREATE YOUR

# SPIRITUAL CARE PLAN

What actions do you need to integrate in your life that will lead you towards ease & freedom? Towards clarity of your inner song?

1

## A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

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## Spiritual Treatment Plan

Identify your spiritual resources. List what helps you move from:

**Vulnerability > Resilience** \_\_\_\_\_

**Helplessness > Agency** \_\_\_\_\_

**Despair > Hope** \_\_\_\_\_

**Emptiness > Purpose** \_\_\_\_\_

**Isolation > Communion** \_\_\_\_\_

**Resentment > Gratitude** \_\_\_\_\_

**Sorrow > Joy** \_\_\_\_\_

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## Threefold Path: In/Out/Up

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

**Reaching In (Self)**

**Reaching Out (Others)**

**Reaching Up (Higher Power / Wisdom)**

4



**Actions that leads towards ease & freedom.** Choose three activities that you will commit to trying for a month.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## Vocabulary of Spiritual Life

The words listed below are words related to a thriving spiritual life that you might likely embody if you consistently follow through with your Care Plan above. **Circle these words.**

- Hope
- Love
- Purpose
- Acceptance
- Grace
- Faith
- Joy
- Awareness
- Harmony
- Rest/Renewal
- Resilience
- Awe/Wonder
- Meaning
- Wholeness
- Healing
- Gratitude
- Connection
- Forgiveness
- Compassion
- Peace
- Ease /Freedom
- Patience

\*\*\*This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support Groups in BH"

# CIRCLE SYMPTOMS & ITS POSSIBLE SOURCE

## Symptoms: What people can see

Hitting  
Impulsivity    Rage    Self-harm  
Break things    Irritable    Hostile  
Annoyed    Yell    Self-medicate    Anger  
Mean words

## Source

|                |               |
|----------------|---------------|
| Sadness        | Exhaustion    |
| Despair        | Overwhelm     |
| Disappointment | Jealous       |
| Embarrassed    | Rejection     |
| Grief          | Insecure      |
| Stress         | Fear          |
| Hurt           | Hungry        |
| Anxiety        | Shame/Guilt   |
| Pain           | Lonely        |
| Anxiety        | Hopeless      |
| Trauma         | Self-loathing |

## EXPRESSING ANGER (Pros, Cons, Alternatives)

### Good Things About the Way I Express Anger

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Not-So-Good Things About the Way I Express Anger

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Alternative Ways (Skills) to Express My Anger in Healthy Ways

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_