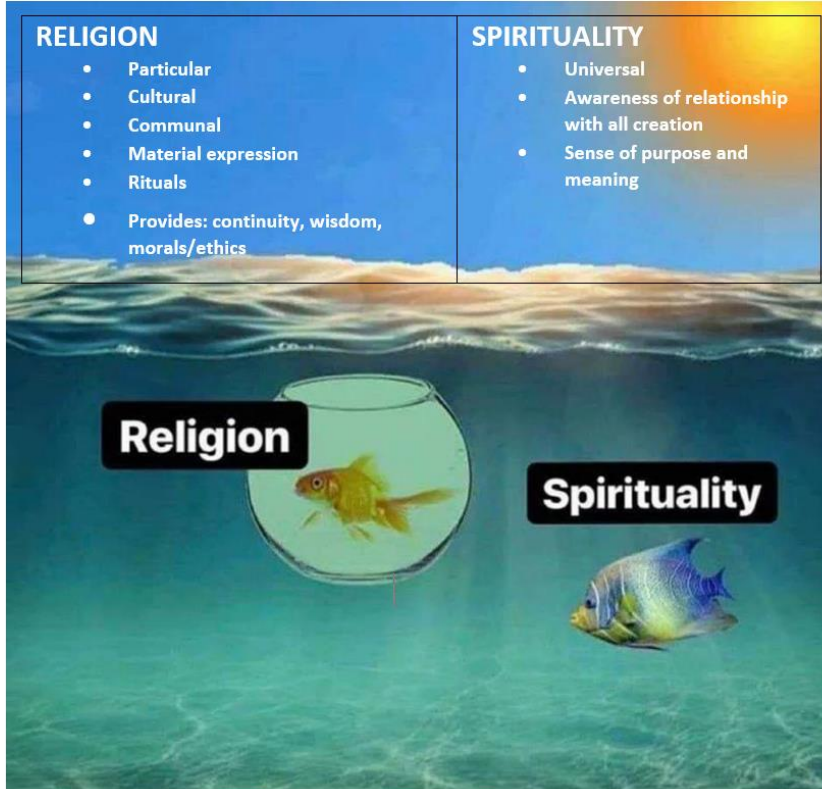


WHAT IS YOUR SPIRITUAL TYPE?

NAME: _____

What is the difference between spirituality and religion?



What is your spiritual type?

Assess which type you identify with the most. (4 – I identify with the most, 1 – I identify with the least). Write your rating score in the blank.

Physical / Body

- Find the presence of higher power in the world around you.
- Appreciate the wonders of Creation.
- Enjoy rituals and liturgy
- Values hands on activities

Emotion / Heart

- Prize harmony & warmth
- Find sacred (or meaning) in relationships
- Seek joy, love, and compassion
- Value goodness, devotion, acts of service

Intellect / Mind

- Interest in truth, justice, theology, law, covenant and logic
- Meditate on principles and teachings
- Find meaning in intellectual activities (example, studying sacred text, read philosophy)
- Seek clarity, need beliefs to “make sense”

Meaning / Soul

- Look for meaning, purpose, and hope
- Contemplate the mystery of the Divine
- Interest in symbol, metaphor, and transcendent experiences
- Value imagination, creativity, visions for the future

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

CREATE YOUR SPIRITUAL CARE PLAN

A Toolbox of Spiritual Practices 1

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

Spiritual Treatment Plan 2

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

Vulnerability > Resilience _____

Helplessness > Agency _____

Despair > Hope _____

Emptiness > Purpose _____

Isolation > Communion _____

Resentment > Gratitude _____

Sorrow > Joy _____

Threefold Path: In/Out/Up 3

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)



Choose three activities that you will commit to trying for a month.

1) _____

2) _____

3) _____

Powerful Words: Vocabulary of Spiritual Life 5

- a. **What comes to mind when you read each of these words?** (Take a few minutes to write down your thoughts and associations with each word.)
- b. **Which actions in your Care Plan might lead you close to these spiritual gifts?**

- Awe/Wonder
- Healing
- Forgiveness
- Hope
- Acceptance
- Joy
- Meaning
- Gratitude
- Compassion
- Love
- Grace
- Awareness
- Wholeness
- Connection
- Peace
- Purpose
- Faith
- Harmony