

CARON RENAISSANCE

SPIRITUALITY ASSESSMENT

Introduction:

Spirituality is an important part of the recovery process; all too often, spirituality and religion have been regarded as essentially the same thing. While religion certainly involves spiritual concepts, spirituality itself extends far beyond the boundaries of a specific religion or cultural practice. The following assessment is designed to help you examine the larger picture of spirituality in your life. Be as specific as possible.

I. Meaning and Purpose

1. What means the most to you at this time in your life?

2. Who are the most important people in your life?

3. Where are you from originally? Does this place or any other place have special meaning to you?

4. Did your family stress cultural activities related to your nationality or ethnicity?

5. Have you ever had an experience of awe or wonder?

6. What books, music, movies, or art have inspired you?

7. Whom do you admire most in your life at this time?

8. What do you think your purpose in life is?

II. Faith or Religious Background

1. Were you brought up in any particular faith or religious tradition? Specify the denomination.

2. Are you currently involved in or a member of any religion?

3. Are your beliefs the same or different from those of your family?

4. Did you attend a religiously-sponsored (parochial) school? Specify the kind of school(s).

5. Did you ever think about becoming a rabbi, priest, minister, imam, or other religious leader?

6. What struggles or doubt have you had with your faith or beliefs?

III. Spiritual Issues

1. Were you ever physically or sexually abused by a religious leader or in a religious setting?

2. Have you ever been disappointed by a scandal or lack of integrity in a religious leader?

3. Have you felt offended by religiously-oriented people you believed were trying to convert or control you?

4. Have you been “shamed” or otherwise put down by others because of your beliefs?

5. Have you felt you were “too far gone” or did not deserve to have spirituality in your life?

6. Were you ever part of a religious group you later believed was a cult?

7. Do you feel uncomfortable with any discussion of spirituality?

IV. Recovery

1. What are your basic spiritual beliefs now?

2. Do you sometimes struggle with the spiritual terms used in recovery books or groups?

3. Do you have any spiritual practices (reading spiritual books, journaling, prayer, meditation) that you keep on a regular basis?

4. What do you hope to accomplish spiritually while in treatment?

5. Would you like to meet with an ordained rabbi, minister priest, or imam?

6. Is there anything else you would like to share?

Patient Name (print)

Date

Patient Signature

Reviewed By: (Print and Sign)