

Spiritual

4	3	2	1	0	
					I allow myself to experience a full range of emotions and find constructive ways to express them.
					I am able to say "no" to people without feeling guilty.
					I feel OK about crying and allow myself to do so when appropriate.
					I like myself and look forward to the rest of my life.
					I easily express concern, love, and warmth to those I care about.
					I believe my life to have direction and meaning.
					My life is exciting and challenging.
					I have goals in my life and I achieve my goals.
					I am able to talk about the death of someone close to me.
					I place importance on achieving both outward (material) and inward (spiritual) goals.
					I am grateful for the blessings in my life.

Scoring:

___ + ___ + ___ = ___ = Total points for this section

Divided by ___ (number of statements answered) =

___ . ___

Average score for this section

- 4 = Yes, always or usually
- 3 = Often
- 2 = Sometimes, maybe
- 1 = Occasionally, rarely
- 0 = No, never or hardly ever