

Do I Need Spiritual Guidance?

For many people, the decision to seek spiritual guidance arises out of the fact that they are fairly satisfied with their spiritual life but believe it could be better. In other cases, however, a person experiences a vague sense of spiritual dis-ease which is new, confusing, and difficult to explain.

Use this inventory to determine if you're ready for spiritual guidance which might lead to a deeper and more satisfying spiritual life.

Directions: In the column at right, indicate if you agree or disagree with each statement on a scale of 1 (*strongly disagree*) to 5 (*strongly agree*).

1. I sense that something is missing in my spiritual life, but don't know what it is. 1. _____
2. I feel like my spiritual life could be deeper and richer but don't know how to make that happen. 2. _____
3. I wish my relationship to Jesus was rooted more in my heart than in my head -- I want to *know* Jesus, not just *know about* him. 3. _____
4. I have a hard time praying and am easily distracted. 4. _____
5. I don't think I am praying the right way or the right amount. 5. _____
6. My customary religious habits or practices do not seem as meaningful or helpful to me as they once were. 6. _____
6. When I do go to church I feel detached, uninterested, and out of place 7. _____
7. I feel like my spiritual life has not really grown very much since I was a child or young adult. 8. _____
8. What I relied on to give meaning to my life in the past does not seem as helpful or convincing to me now. 9. _____
10. I have doubts about the strength and sincerity of my faith. 10. _____
11. I have a vague sense of anger or resentment about my faith or spiritual matters. 11. _____
12. I feel estranged from the institutional church and the faith community. 12. _____
13. I am struggling to cope with serious trauma in my life. 13. _____
14. I would describe myself as "spiritual but not religious" 14. _____
15. I feel it would be helpful to process my spiritual experiences with a spiritual director, spiritual mentor, or spiritual companion. 15. _____

Total _____

What This Means: Your total can range from a low of 15 to a high of 75. The higher your total is the more likely it is that you would benefit from seeking spiritual guidance.