

Helpful Questions in Making a Spiritual Assessment

1. Is religion and/or God of significance in your life?
2. Is prayer helpful? What happens when you pray?
3. To whom do you turn when you need help/
4. What is your source of strength and hope?
5. What helps you most when you feel afraid?
6. Are there any religious practices that are important to you?
7. Are there any religious books or symbols that are helpful?
8. Has your faith been affected by being ill? In what way(s)?
9. What are your fears?
10. What is especially meaningful to you now?