

Spiritual Assessment

Before taking a 'spiritual approach' to any facet of your life, it's important to examine - not only what spirituality looks like for you, but also, how meaningful are your spiritual beliefs and/or practices in your life.

**The following is based on an assessment taken from the American Family Physician January 1, 2001/volume 63, Number 1
www.aafp.org/afp

Spiritual Assessment based on HOPE

H:

What is there in your life that gives you internal support?

What are your sources of hope, strength, comfort and peace?

What do you hold on to during difficult times?

What sustains you and keeps you going?

For some people, their religious or spiritual beliefs act as a source of comfort and strength in dealing with life's ups and downs; is this true for you?

If the answer is "yes," go on to O and P questions.

If the answer is "no," consider asking: "Was it ever?" If the answer is "Yes," ask: "What changed?"

O:

Organized religion

Do you consider yourself part of an organized religion?

How important is this to you?

What aspects of your religion are helpful and not so helpful to you?

Are you part of a religious or spiritual community? Does it help you? How?

P:

Personal spirituality/practices

Do you have personal spiritual beliefs that are independent of organized religion?

What are they?

Do you believe in God?

What kind of relationship do you have with God?

What aspects of your spirituality or spiritual practices do you find most helpful to you personally? (e.g., prayer, meditation, reading scripture, attending religious services, listening to music, hiking, communing with nature)

E:

Has anything in your life affected your ability to do the things that usually help you spiritually? (Or affected your relations with God?)

As a spiritual teacher and coach, is there anything that I can do to help you access the resources that usually help you?

Are you worried about any conflicts between your beliefs and the content of this online course?

Would it be helpful for you to speak to a clinical chaplain/community spiritual leader aside from myself?

This is a great tool for helping you to start our spiritual approach to intuitive eating. This assessment is designed to help you to begin from a space of clarity and minimize confusion. However, I have found that any situation that calls on us to examine our belief systems may stir up some emotions that we maybe didn't even know we held, and that's okay!

If, at any time, you feel that you need my support - please reach out to me via email at val@valwhite.com

**If you feel that you are having an emergency crisis, please call 911, go to the nearest emergency room, call 1-800-273-TALK (8255) to reach a 24-hour crisis center, or text MHA to 741741 at the Crisis Text Line.