

# Emotional/Spiritual Health Inventory

Please answer these questions as honestly as possible. For each question use the following scoring method:

- 1- Not very true
- 2- Sometimes true
- 3- Mostly true
- 4- Very true

## Part A: General Formation and Discipleship

1. I feel confident of my adoption as God's son/daughter and rarely, if ever, question His acceptance of me. \_\_\_\_
2. I love to worship God by myself as well as with others. \_\_\_\_
3. I spend quality, regular time in the Word of God and in prayer. \_\_\_\_
4. I sense the unique ways God has gifted me individually and am actively using my spiritual gifts for His service. \_\_\_\_
5. I am a vital participant in a community with other believers.
6. It is clear that my money, gifts, time and abilities are completely at God's disposal and not my own. \_\_\_\_
7. I consistently integrate my faith in the marketplace and the world. \_\_\_\_

Total: \_\_\_\_

## Part B: Emotional Components of Discipleship

### *Principle 1: Look Beneath the Surface*

1. It's easy for me to identify what I am feeling inside (John 11:33-35; Luke 19:41-44). \_\_\_\_
2. I am willing to explore previously unknown or unacceptable parts of myself, allowing Christ to more fully transform me (Rom. 7:21-25; Col. 3:5-17). \_\_\_\_
3. I enjoy being alone in quiet reflection with God and myself (Mark 1:35; Luke 6:12). \_\_\_\_
4. I can share freely about my emotions, sexuality, joy and pain (Ps. 22; Prov. 5:18-19; Luke 6:12). \_\_\_\_
5. I am able to experience and deal with anger in a way that leads to growth in others and myself (Eph.4:25-32.). \_\_\_\_
6. I am honest with myself (and a few significant others) about the feelings, beliefs, doubts, pains and hurts beneath the surface of my life (Ps. 73:88; Jer.20:7-18). \_\_\_\_

Total: \_\_\_\_

## ***Principle 2: Break the Power of the Past***

7. I resolve conflict in a clear, direct and respectful way, not what I might have learned growing up in my family, such as painful putdowns, avoidance, escalating tensions, or going to a third party rather than to the person directly (Matt. 18:15-18). \_\_\_\_
8. I am intentional at working through the impact of significant “earthquake” events that shaped my present, such as the death of a family member, an unexpected pregnancy, divorce, addiction, or major financial disaster (Gen 50:20, Ps. 51). \_\_\_\_
9. I am able to thank God for all my past life experiences, seeing how He has used them to uniquely shape me into who I am (Gen. 50:20; Rom. 8:28-30). \_\_\_\_
10. I can see how certain “generational sins” have been passed down to me through my family history, including character flaws, lies, secrets, ways of coping with pain, and unhealthy tendencies in relating to others (Ex. 20:5; compare Gen. 20:2; 26:7; 27:19;37:1-33). \_\_\_\_
11. I don’t need approval from others to feel good about myself (Prov. 29:25; Gal 1:10). \_\_\_\_
12. I take responsibility and ownership for my own past life rather than blame others (John 5:5-7). \_\_\_\_

Total: \_\_\_\_

## ***Principle 3: Live in Brokenness and Vulnerability***

13. I often admit when I’m wrong, readily asking forgiveness from others (Matt. 5:23-24).\_\_\_\_
14. I am able to speak freely about my weaknesses, failures and mistakes (2 Cor. 12:7-12).\_\_\_\_
15. Others would easily describe me as approachable, gentle, open, and transparent (Gal. 5:22-23; 1 Cor. 13:1-6).  
\_\_\_\_
16. Those close to me would say that I am not easily offended or hurt (Matt. 5:39-42; 1 Cor. 13:5). \_\_\_\_
17. I am consistently open to hearing and applying constructive criticism and feedback that others might have for me (Prov. 10:17; 17:10; 25:12). \_\_\_\_
18. I am rarely judgmental or critical of others (Matt.7:1-5). \_\_\_\_
19. Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective (James 1:19-20). \_\_\_\_

Total: \_\_\_\_

## ***Principle 4: Receive the Gift of Limits***

20. I’ve never been accused of “trying to do it all” or of biting off more than I could chew (Matt. 4:1-11). \_\_\_\_
21. I am regularly able to say “no” to requests and opportunities than risk overextending myself (Mark 6:30-32).  
\_\_\_\_
22. I recognize the different situations where my unique, God-given personality can be either a help or hindrance in responding appropriately (Ps. 139; Rom. 12:3; 1 Peter 4:10). \_\_\_\_
23. It’s easy for me to distinguish the difference between when to help carry someone else’s burden (Gal. 6:5) and when to let it go so they can carry their own burden (Gal. 6:5). \_\_\_\_
24. I have a good sense of my emotional, relational, physical and spiritual capacities, intentionally pulling back to rest and fill my “gas tank” again (Mark 1:21-39). \_\_\_\_
25. Those close to me would say that I am good at balancing family, rest, work, and play in a biblical way (Ex. 20:8). \_\_\_\_

Total: \_\_\_\_

## ***Principle 5: Embrace Grieving and Loss***

26. I openly admit my losses and disappointments (Ps. 3:1-8; 5:1-12). \_\_\_\_
27. When I go through a disappointment or a loss, I reflect on how I'm feeling rather than pretend that nothing is wrong (2 Sam. 1:4; 17-27; Ps. 51:1-17). \_\_\_\_
28. I take time to grieve my losses as David (Ps. 69) and Jesus did (Matt. 26:39); John 11:35; 12:27). \_\_\_\_
29. People who are in great pain and sorrow tend to seek me out because it's clear to them that I am in touch with the losses and sorrows in my own life (2 Cor. 1:3-7). \_\_\_\_
30. I am able to cry and experience depression or sadness, explore the reasons behind it, and allow God to work in me through it (Ps. 42; Matt. 26:36-46). \_\_\_\_

Total: \_\_\_\_

## ***Principle 6: Make Incarnation Your Model for Loving Well***

31. I am regularly able to enter into other people's world and feelings, connecting deeply with them and taking time to imagine what it feels like to live in their stories (John 1:1-14; 2 Cr. 8:9; Phil. 2:3-5). \_\_\_\_
32. People close to me would describe me as responsive listener (Prov. 29:11; James 1:19). \_\_\_\_
33. I have a healthy sense of who I am, where I've come from, and what are my values, likes, passions, dislikes and so on (John 13:3). \_\_\_\_
34. I am able to accept myself just the way I am (John 13:1-3; Rom. 12:3). \_\_\_\_
35. I am able to form deep relationships with people from different backgrounds, cultures, races, educational and economic classes (John 4:1-26; Acts 10-11). \_\_\_\_
36. People close to me would say that I suffer with those who suffer and rejoice with those who rejoice (Romans 12:15). \_\_\_\_
37. I am good about inviting people to adjust and correct my previous assumptions about them (Prov. 20:5; Col.3:12-14). \_\_\_\_
38. When I confront someone who has hurt or wronged me, I speak more in the first person ("I" and "me") about how I am feeling rather than speak in blaming tones ("you" or "they") about what was done (Prov. 25:11; Eph. 4:29-32). \_\_\_\_
39. I rarely judge others quickly but instead am a peacemaker and reconciler (Matt. 7:1-5). \_\_\_\_
40. People would describe me as someone who makes "loving well" my number-one aim (John 13:34-35; 1 Cor. 13). \_\_\_\_

Total: \_\_\_\_

# Inventory Results

For each group of questions:

- Add your answers to get the total for that group I. Write your totals on the top portion of each section.
- Next, plot your answers and connect the dots to create a graph on the bottom portion of the last page.
- What patterns do you discern? See interpretations of your level of emotional health in each area by reviewing the Levels of Emotional Maturity.

Part A	Questions	Total
General Formation and Discipleship	1-7	___/28

Part B

Principle 1- Look Beneath the Surface	1-6	___/24
Principle 2- Break the Power of the Past	7-12	___/24
Principle 3- Live in Brokenness and Vulnerability	13-19	___/28
Principle 4- Accept the Gift of Limits	20-25	___/24
Principle 5- Embrace Grieving and Loss	26-30	___/20
Principle 6- Make Incarnation Your Model	31-40	___/40

	A	P1	P2	P3	P4	P5	P6
<b>Emotional Adult</b>	28	24	24	28	24	20	40
<b>Emotional Adolescent</b>	23	20	20	23	20	17	30
<b>Emotional Child</b>	17	15	15	17	15	13	23
<b>Emotional Infant</b>	12	10	10	12	10	9	16
<b>Emotional Infant</b>	7	6	6	7	6	5	9

## **Interpretation Guide:**

### **Levels of Emotional Maturity**

**Emotional infants.** I look for other people to take care of me emotionally and spiritually. I often have difficulty in describing and experiencing my feelings in healthy ways and rarely enter the emotional world of others. I am consistently driven by a need for instant gratification, often using others as objects to meet my needs. People sometimes perceive me as inconsiderate and insensitive. I am uncomfortable with silence or being alone. When trials, hardships, or difficulties come, I want to quit God and the Christian life. I sometimes experience God at church and when I am with other Christians, but rarely when I am at work or home.

**Emotional children.** When life is going my way, I am content. However, as soon as disappointment or stress enter the picture, I quickly unravel inside. I often take things personally, interpreting disagreements or criticism as a personal offense. When I don't get my way, I often complain, throw an emotional tantrum, withdraw, manipulate, drag my feet, become sarcastic, or take revenge. I often end up living off the spirituality of other people because I am so overloaded and distracted. My prayer life is primarily talking to God, telling him what to do and how to fix my problems. Prayer is a duty, not a delight.

**Emotional adolescents.** I don't like it when others question me. I often make quick judgments and interpretations of people's behavior. I withhold forgiveness to those who sin against me, avoiding or cutting them off when they do something to hurt me. I subconsciously keep records on the love I give out. I have trouble really listening to another person's pain, disappointments, or needs without becoming preoccupied with myself. I sometimes find myself too busy to spend adequate time nourishing my spiritual life. I attend church and serve others but enjoy few delights in Christ. My Christian life is still primarily about doing, not being with him. Prayer continues to be mostly me talking with little silence, solitude, or listening to God.

**Emotional adults.** I respect and love others without having to change them or becoming judgmental. I value people for who they are, not for what they can give me or how they behave. I take responsibility for my own thoughts, feelings, goals, and actions. I can state my own beliefs and values to those who disagree with me — without becoming adversarial. I am able to accurately self-assess my limits, strengths, and weaknesses. I am deeply convinced that I am absolutely loved by Christ and, as a result, do not look to others to tell me I'm okay. I am able to integrate doing for God and being with him (Mary and Martha). My Christian life has moved beyond simply serving Christ to loving him and enjoying communion with him.