

The Spirituality and Resilience Assessment Packet

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The Spirituality and Resilience Assessment Packet (SRA) provides a simple, structured method for adults, teenagers, and families to identify:

- **resilient and self-defeating aspects of their worldview**
- **whether their spirituality contributes to their resilience**
- **the potential value of spiritual and psychological growth**

It is an excellent tool for generating concrete conversations about these complex topics.

The SRA is designed primarily for use by clergy, health professionals, and educators as a psycho-educational aid during counseling with individuals, families, and groups.

However, individuals and families who are engaged in a process of psychological and spiritual growth can use the SRA by themselves.

The SRA has a self-scoring format. This empowers individuals to assess their own strengths and weaknesses, and to engage in self-directed learning.

Professionals who use the SRA serve as 'consultants' to this learning process. This self-empowerment model helps professionals and their clients work collaboratively as partners in the process of psychological and spiritual development.

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==RESOURCES FOR RESILIENCE==

**BUILDING A RESILIENT WORLDVIEW
THROUGH
SPIRITUALITY**

**Spirituality and Resilience Assessment Packet
Version 4.4**

Institute for Contemplative Education

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Part I: A Resilient Worldview

Difficulties, serious problems, and crises are an inescapable part of life.

The purpose of this SRA packet is to help you strengthen important inner resources. These resources can empower you to face a crisis or serious problem more effectively—either now or in the future.

Whether the difficulty you face is emotional, academic, medical, or a complicated situation in your life...whether it confronts you or someone you love...whether it is taking place in your family life, work life, or personal life...**your own inner resources strongly affect your ability to face a serious problem.**

The most significant inner resource that you have is your worldview-- your attitudes about life. If your worldview is resilient, you can respond to a crisis constructively.

A resilient worldview is characterized by feelings of **confidence...in life, and in your self**. This means that, in times of crisis or stress, you feel connected to a *sense of meaning and purpose* in your life, and *confident that you will be able to meet this challenge*.

A resilient worldview is empowering. It helps you to:

Mobilize your energies when you need to act.

Relax your body and mind when you need to rest.

Think for yourself when others do not know what is best for you.

Trust in others, and in life itself, when you have done all that you can.

The first questionnaire in the SRA packet will help you determine how resilient your worldview is. You will probably learn that you already have many resilient attitudes. You will also learn, most likely, that some of your attitudes are not as resilient as they might be. By reviewing these results on your own, and with those who provide you with support, you can begin to build new strengths where they are lacking.

The first questionnaire is called **The Inventory of Positive Psychological Attitudes (IPPA)**. After you complete it, follow the simple scoring instructions to interpret the results.

INVENTORY OF POSITIVE PSYCHOLOGICAL ATTITUDES SELF-TEST VERSION

The following questions contain statements and their opposites. Notice that the statements extend from one extreme to the other. Where would you place yourself on this scale? Place a circle on the number that is most true for you at this time. Do not put your circles between numbers.

LIFE PURPOSE AND SATISFACTION

There are 17 questions in this section. Here are 6 sample questions:

- | | | | | | | | | | |
|--|----------|---|---|---|---|---|---|---|--|
| | very low | 1 | 2 | 3 | 4 | 5 | 6 | 7 | very high |
|
 | | | | | | | | | |
| 3. My daily activities are | | | | | | | | | |
| not a source of satisfaction | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | a source of satisfaction |
|
 | | | | | | | | | |
| 5. When I think deeply about life | | | | | | | | | |
| I do not feel there is any purpose to it | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | I feel there is a purpose to it |
|
 | | | | | | | | | |
| 10. When sad things happen to me or other people | | | | | | | | | |
| I cannot feel positive about life | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | I continue to feel positive about life |
|
 | | | | | | | | | |
| 14. I feel trapped by the circumstances of my life. | | | | | | | | | |
| agree strongly | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | disagree strongly |
|
 | | | | | | | | | |
| 17. When I think about the problems that I have | | | | | | | | | |
| I do not feel hopeful about solving them | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | I feel very hopeful about solving them |

SELF CONFIDENCE DURING STRESS

There are 15 questions in this section. Here are 7 sample questions:

1. When there is a great deal of pressure being placed on me

I get tense 1 2 3 4 5 6 7 I remain calm

3. In a difficult situation, I am confident that I will receive the help that I need.

disagree strongly 1 2 3 4 5 6 7 agree strongly

5. When I have made a mistake during a stressful situation

I feel extreme dislike for myself 1 2 3 4 5 6 7 I continue to like myself

7. In a stressful situation,

I cannot concentrate easily 1 2 3 4 5 6 7 I can concentrate easily

9. When I need to stand up for myself

I cannot do it 1 2 3 4 5 6 7 I can do it quite easily

11. During times of stress, I feel isolated and alone.

agree strongly 1 2 3 4 5 6 7 disagree strongly

13. When I need to relax during stressful times

I experience no peace-- only thoughts and worries 1 2 3 4 5 6 7 I experience peacefulness-- free of thoughts and worries

INSTRUCTIONS FOR SCORING AND INTERPRETING THE IPPA QUESTIONNAIRE CAN BE FOUND ON PAGE 6 OF THE SRA PACKET. THEY ARE NOT INCLUDED IN THIS SAMPLE.

Part II: Building Confidence in Life and Self Through Spirituality

One of the most valuable inner resources that you can develop is your own spirituality. Spirituality is a particularly effective way to build a resilient worldview. Spirituality, of course, is not the only way to develop resilient attitudes. However, for countless generations and in countless cultures, spirituality has been a primary source of resilience for individuals, families, and communities.

The next questionnaire will help you to clarify the degree to which spirituality is a central aspect of your life. If it is not central, this questionnaire may help you to think about spirituality in some new ways—and your results on this questionnaire may surprise you.

The essence of spirituality is not whether—or how often—you attend religious services. Rather, the essence of spirituality **is the way that you experience life**. Spirituality is the experience of connection to the sacred aspect of life, *the spirit of life*.

For some of us, the experience of *the spirit of life* grows from a sense of connection to our own inner, creative core.

For some, this experience grows from a sense of connection to other people.

For some, this experience grows from a sense of connection to nature.

For some, this experience grows from a sense of connection to a power that is greater than our selves: the ground of being, God.

Over time, an exploration of your spirituality can lead you to new experiences in each of these areas. For these experiences share a common thread: **recognition of the spiritual core that creates and sustains the fabric of life**.

As awareness of your connection to *the spirit of life* grows, you may find yourself developing an important skill: the ability to respond to crises and stress with personal empowerment, inner peace, clarity of thought, and life purpose. **Connection to the spirit of life can help you become a more resilient person—who can respond to stress with confidence in life and self.**

This questionnaire will help you to measure the degree to which you have already begun to develop a sense of connection with the spiritual core of life. It is called the Index of Core Spiritual Experiences (INSPIRIT). If your score is low, this questionnaire may spur you to an exploration of your spirituality—in a way that is meaningful and appropriate for you. If your score is high, this questionnaire will confirm your sense of connection to *the spirit of life*. In each case, you can use the results from this questionnaire to determine how much your spirituality now contributes to a resilient worldview.

INDEX OF CORE SPIRITUAL EXPERIENCES INSPIRIT, SELF-TEST VERSION

The INSPIRIT scale has 7 questions. Here are 4 sample questions:

The following questions concern your spiritual or religious beliefs and experiences. There are no right or wrong answers. For each question, circle the number of the answer that is most true for you.

PEOPLE HAVE MANY DIFFERENT IMAGES AND DEFINITIONS OF THE HIGHER POWER THAT WE OFTEN CALL GOD. USE YOUR IMAGE AND YOUR DEFINITION OF GOD WHEN ANSWERING THE FOLLOWING QUESTIONS.

2. About how often do you spend time on religious or spiritual practices?
4. How close do you feel to God?
6. Indicate whether you agree or disagree with this statement: "God dwells within you."

Question #7 includes 13 items. This sample contains 4 items:

7. The following list describes spiritual experiences that some people have had. Indicate if you have had any of these experiences and the extent to which each of them has affected your belief in God. (13 Items)

	NEVER HAD THIS EXPERIENCE	HAD THIS EXPERIENCE AND IT:		
		Did not strengthen belief in God	Strengthened belief in God	Convinced me of God's existence
SPIRITUAL EXPERIENCES:				
A. An experience of profound inner peace	1	2	3	4
C. A feeling of unity with the earth and all living beings	1	2	3	4
F. An experience of God's energy or presence	1	2	3	4
G. An experience of a great spiritual figure (e.g. Jesus, Mary, Elijah, Buddha)	1	2	3	4

INSTRUCTIONS FOR SCORING AND INTERPETING THE INSPIRIT CAN BE FOUND ON PAGE 10 OF THE SRA PACKET. THEY ARE NOT INCLUDED IN THIS SAMPLE.

THE FINAL SECTION OF THE SRA COMBINES RESULTS FROM THE TWO QUESTIONNAIRES.

**Part III:
Does Your Spirituality Contribute to a Resilient Worldview?**

SUMMARY OF SCORES

DATE ___/___/___ NAME (OPTIONAL) _____

RESILIENT WORLDVIEW (IPPA)

My TOTAL Confidence in Life and Self (CLS) score is: _____

My Life Purpose and Satisfaction (LPS) score is: _____

My Self-Confidence During Stress (SCDS) score is: _____

**EXPERIENCES OF THE SPIRITUAL CORE (INSPIRIT):
A SENSE OF CONNECTION WITH THE SPIRIT OF LIFE**

My INSPIRIT score is: _____

LIST YOUR SCORES IN THE APPROPRIATE BOXES:

	CLS	LPS	SCDS		INSPIRIT	
HIGH Score: 5.51 – 7.00						HIGH Score: 25 – 28
MEDIUM HIGH Score: 4.01 – 5.50						MEDIUM HIGH Score: 18 – 24
MEDIUM LOW Score: 2.50 – 4.00						MEDIUM LOW Score: 11 – 17
LOW Score: 1.00 – 2.49						LOW Score: 7 – 10

INTERPRETIVE GUIDE

This guide can help you determine whether your spirituality contributes to the resilience of your worldview. It will suggest steps to take to strengthen each area.

*There are 4 main categories in this interpretive guide.
Here are samples from each main category:*

IPPA scores are HIGH; INSPIRIT score is HIGH:

You have a resilient worldview with a strong sense of confidence in life and self. Your connection to *the spirit of life* seems to be a primary source of your empowering worldview. Reflect on the events that have contributed to your spirituality and resilience...

IPPA scores are LOW; INSPIRIT score is HIGH:

You experience your connection to *the spirit of life* deeply. However, these experiences are not translating into resilient attitudes in your life. This is a common occurrence. Absorbed in the intensity of spiritual experiences, people may not realize that these experiences are not contributing to positive changes in daily life...

IPPA scores are HIGH; INSPIRIT score is LOW:

You have a resilient worldview with a strong sense of confidence in life and self. However, it appears that spirituality is not a primary source of your resilient attitudes. It is important to recognize that spirituality is not the only source of a resilient worldview. To explore ways that spirituality might further strengthen your worldview...

IPPA scores are LOW; INSPIRIT score is LOW:

You have scored low on both questionnaires. It seems that your life experiences and personal relationships have not taught you, or helped you, to develop confidence in life and self. In addition, your sense of spirituality is not strong. Consider the degree to which your worldview and lack of spirituality prevent you from achieving your life goals. If you don't know how to strengthen your worldview or spirituality, consult with a minister, counselor, teacher, or member of your family. Turn this moment of confusion into an opportunity. Learn how spiritual and psychological growth can become a source of personal resilience....