

==RESOURCES FOR RESILIENCE==

BUILDING A RESILIENT WORLDVIEW

Through

**Contemplative Self-Inquiry
Mindfulness
Person-Centered Spirituality**

**Spirituality and Resilience
Assessment Packet
(SRA)**

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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 self**. In times of crisis or stress, you retain *a sense of meaning and purpose* in your life. In addition, you remain *confident that you will be able to meet this challenge* through your own personal resources and through help you receive from your support systems.

A resilient worldview is empowering. It helps you:

Mobilize your energy and resources 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.

Maintain trust in others and life, 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.

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

11. When I think about what I have done with my life, I feel

worthless 1 2 3 4 5 6 7 worthwhile

12. My present life

does not satisfy me 1 2 3 4 5 6 7 satisfies me

13. I feel joy in my heart

never 1 2 3 4 5 6 7 all the time

14. I feel trapped by the circumstances of my life.

agree strongly 1 2 3 4 5 6 7 disagree strongly

15. When I think about my past

I feel many regrets 1 2 3 4 5 6 7 I feel no regrets

16. Deep inside myself

I do not feel loved 1 2 3 4 5 6 7 I feel loved

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:

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

2. I react to problems and difficulties

with a great deal of frustration 1 2 3 4 5 6 7 with no frustration

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

4. During stressful circumstances, I experience anxiety

all the time 1 2 3 4 5 6 7 never

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
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6. When a situation becomes difficult, I find myself worrying that something bad is going to happen to me or those I love

all the time	1	2	3	4	5	6	7	never
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7. In a stressful situation,

I cannot concentrate easily	1	2	3	4	5	6	7	I can concentrate easily
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8. During stressful circumstances, I am fearful

all the time	1	2	3	4	5	6	7	never
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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
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10. I feel less than adequate when I am in difficult situations.

agree strongly	1	2	3	4	5	6	7	disagree strongly
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11. During times of stress, I feel isolated and alone.

agree strongly	1	2	3	4	5	6	7	disagree strongly
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12. In really difficult situations

I feel <u>unable</u> to respond in positive ways	1	2	3	4	5	6	7	I feel able to respond in positive ways
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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
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14. When I am in a frightening situation

I panic	1	2	3	4	5	6	7	I remain calm
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15. During stressful times in my life, I worry about the future

all the time	1	2	3	4	5	6	7	never
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SCORING INSTRUCTIONS FOR IPPA

You can calculate 3 scores for the IPPA:

- Section 1: Life Purpose and Satisfaction (**LPS**)
- Section 2: Self Confidence During Stress (**SCDS**)
- Total: Confidence in Life and Self (**CLS**)

1. For each individual question, the number that you circled is your score.
2. Add your scores for the questions in each section.
3. Add your two section scores to make a total score.
4. Divide each sum by the number of questions in that section (use a calculator):

Life Purpose and Satisfaction: (Sum of scores) _____ ÷ 17 = _____.

Self-Confidence During Stress: (Sum of scores) _____ ÷ 15 = _____.

TOTAL:

Confidence in Life and Self: (Sum of scores) _____ ÷ 32 = _____.

Note: Each score should range between 1.00 and 7.00.
Scores may include decimals (example: 5.15).

INTERPRETATION

High	=	5.51 – 7.00
Medium High	=	4.01 – 5.50
Medium Low	=	2.50 – 4.00
Low	=	1.00 – 2.49

Most adults from test sites in the USA score between 4.03 and 5.87. The average score is 4.95.

Your score on each scale reflects how strongly you feel these resilient attitudes. Do these scores make sense to you—as you reflect on your life?

Review the individual questions. Each answer shows you particular attitudes and areas of your life where your worldview is—or is not—resilient. Do you notice any patterns?

If there is a large difference between your **LPS** and **SCDS** scores, one part of your worldview is more resilient than the other part. This difference identifies the part of your worldview that you most need to strengthen.

If your combined score on both scales is **low** (or even **medium low**), don't hide this fact from yourself or others. Seek support. Talk with a teacher, counselor, minister, or family member about how you are feeling about yourself and life.

Part II: Building Confidence in Life and Self through Spirituality

One of the most valuable inner resources you can cultivate is a personally-meaningful approach to spirituality. Spirituality, of course, is not the only way to develop a resilient worldview. However, for countless generations and 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 you have developed your own personally meaningful spirituality. In addition, this **Index of Core Spiritual Experiences (INSPIRIT)** may help you to think about spirituality in new ways.

The essence of spirituality is not a set of doctrines or beliefs—or how often you attend religious services. Rather, it is **the way you experience life**. Spirituality is your awareness that life has a sacred dimension. People discover life's sacred dimension through personal experiences in many different aspects of their lives. These include:

- love for family, children, and friends
- commitment to social justice and the dignity of all peoples
- resonance with the natural world and environmental stewardship
- creative immersion in the arts, sciences, philosophy
- intuitive awareness of a transcendent dimension greater than self
- spiritual practices (e.g., prayer, meditation, mindfulness)

Over time, spiritual growth in these areas can produce a transformative discovery: **our profound interconnection to each other and to the fabric of life**. Some people describe the fabric of life as *God* (or *Goddess*). Others prefer an inclusive term like *spirit of life* or *ground of being*. Irrespective of the term we use, as we begin to experience life's sacred core in self and others, our worldview changes.

Our actions also begin to change. **Aware of life's sacred core as the center of our own being, we can respond to stress and conflicts with inner composure and confidence**. We begin to experience an empowered self, clarity of thought, inner calm, and compassionate concern for the needs of others. Rather than reacting destructively or impulsively, our internal composure helps us respond in new ways that promote well-being in self, others, and society.

The INSPIRIT can help you measure the strength through which you experience life's sacred core. It invites you to use your own words and images for this connective substrate. If your score is low, the INSPIRIT may spur you to explore the experiential, contemplative aspects of spirituality—in a manner that is congruent with your own belief systems and cultural identity. If your score is high, it will confirm your sense of connection to *the spirit of life*. In both cases, these results can help you determine how much your spirituality currently contributes to a resilient worldview.

INDEX OF CORE SPIRITUAL EXPERIENCES

SELF TEST VERSION (INSPIRIT-R)

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.

1. How strongly religious (or spiritually-oriented) do you consider yourself to be?
 1. Not at all
 2. Not very strong
 3. Somewhat strong
 4. Strong

2. About how often do you spend time on religious or spiritual practices?
 1. Once per year or less
 2. Once per month to several times per year
 3. Once per week to several times per month
 4. Several times per day to several times per week

3. How often have you felt as though you were very close to a powerful spiritual force?
 1. Never
 2. Once or twice
 3. Several times
 4. Often

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.

4. How close do you feel to God/the spirit of life?
 1. I don't believe in God/the spirit of life
 2. Not very close
 3. Somewhat close
 4. Extremely close

5. Have you ever had an experience that has convinced you that God/spirit of life exists?
 1. No
 2. I don't know
 3. Maybe
 4. Yes

6. Indicate whether you agree or disagree with this statement: "God dwells within you."
 1. Definitely disagree
 2. Tend to disagree
 3. Tend to agree
 4. Definitely agree

7. The following list describes spiritual experiences that some people have had. Please indicate if you have had any of these experiences and the extent to which each of them has affected your belief in God/spirit of life.

	NEVER HAD THIS EXPERIENCE	HAD THIS EXPERIENCE AND IT:		
		Did not strengthen belief in God/spirit of life	Strengthened belief in God/spirit of life	Convinced me that God/spirit of life exists
SPIRITUAL EXPERIENCES:				
A. An experience of profound inner peace	1	2	3	4
B. An overwhelming experience of love	1	2	3	4
C. A feeling of unity with the earth and all living beings	1	2	3	4
D. An experience of complete joy and ecstasy	1	2	3	4
E. Meeting or listening to a spiritual teacher or master	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, Muhammad, Buddha)	1	2	3	4
H. A healing of your body or mind (or witnessed such a healing)	1	2	3	4
I. A miraculous (or not normally occurring) event	1	2	3	4
J. An experience of angels or guiding spirits	1	2	3	4
K. An experience of communication with someone who has died	1	2	3	4
L. An experience with near death or life after death	1	2	3	4
M. Other (specify) _____		2	3	4

SCORING INSTRUCTIONS FOR INSPIRIT

Questions 1 through 6: The number you checked is your score for that question. Add these scores together. **Your sum should range from 6 to 24.**

Question 7 (items A-M): The **highest number** you checked for **any** of these items is your score for this question. **Your score for Question 7 should be 1, 2, 3, or 4.**

Sum of Questions 1-6: ____ + Question 7 (highest item) ____ = INSPIRIT Score ____

INTERPRETATION

High	=	25 – 28
Medium High	=	18 – 24
Medium Low	=	11 – 17
Low	=	7 – 10

Most adults from test sites in the USA score between 16 and 25. The average score is 20 ½.

Does your score make sense to you? If **not**, this test may measure concepts that have not been central to your spirituality. Review each question—and consider whether the INSPIRIT may be suggesting new areas of experience for you to explore. Some questions focus on experiences that convince you of God's existence. Others concern the strength of your relationship with *the spirit of life*—and the degree to which you experience God as the ground of your own being. **If your score does make sense to you, consider these interpretive guidelines:**

HIGH: You often experience a close and intimate connection with *the spirit of life*. You know, with deep conviction, that *the spirit of life* is the core of your being.

MEDIUM HIGH: You experience a close and intimate connection with *the spirit of life*. However, this experience may not take place on a regular basis. If your score is 22–24, you may have begun to realize, with a growing sense of conviction, that *the spirit of life* is the core of your being. If your score is 18-21, you may be testing this possibility.

MEDIUM LOW: You have had some experiences concerning *the spirit of life*, though they have not convinced you that God exists. If your score is 15-17, these experiences have deepened your awareness of life's spiritual core. If your score is 11-14, these experiences have had little effect on you.

LOW: You have had few experiences concerning *the spirit of life*. If you believe that *the spirit of life* is the core of your being, this belief has, most likely, not grown out of your personal experience. **NOTE:** A low score may also mean you have not acknowledged the spiritual or meditative experiences you have had. Perhaps these experiences seemed insignificant or coincidental. Perhaps it seemed embarrassing, or prideful, to admit having them. Keep in mind that experiences of the sacred are part of a human being's natural capacities--and a vital way to discover your link with God. Allow yourself to acknowledge moments of spiritual connection as they occur in your daily life.

**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 4.95* Score: 4.01 – 5.50						MEDIUM HIGH 20½** 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

* 4.95 = Average adult score on IPPA. Most adults from test sites in the USA score between 4.03 and 5.87.

** 20½ = Average adult score on INSPIRIT. Most adults from test sites in the USA score between 16 and 25.

INTERPRETIVE GUIDE

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

Note: This guide refers to HIGH and LOW scores on the IPPA and INSPIRIT scales. MEDIUM HIGH scores fit into the HIGH interpretation, but less strongly. Similarly, MEDIUM LOW scores fit into the LOW interpretation, but less strongly.

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. Consider writing about them in a journal or in the 'personal notes' section (end of the SRA).

Now identify specific actions you can take to help you continue to develop these health-promoting aspects of your life.

IPPA scores are LOW; INSPIRIT score is HIGH:

You experience connection to *the spirit of life* in a deep way. However, these experiences are not translating into resilient attitudes in your life.

This is a common occurrence. Absorbed in the intensity of spiritual experiences, many people do not realize that these experiences are not contributing to positive changes in daily life. Recognizing this disparity is a useful way to bring your spiritual development back into focus.

Examine the positive attitudes that need strengthening in your life—by reviewing your IPPA scores. Do you need to strengthen Life Purpose and Satisfaction? Do you need to strengthen Self-Confidence during Stress? Or do you need to strengthen both?

Now examine whether your spiritual activities and experiences contribute directly to strengthening these attitudes. If not, seek to develop a focus to your spirituality that will help you strengthen confidence in life and self more effectively.

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. This is true for many people. It is important to remember that spirituality is not the only source of a resilient worldview.

At the same time, a high degree of confidence in life and self often indicates a sense of harmony with the world and a sense of connection with others that are integral parts of a spiritual worldview. Is it possible that you have not acknowledged a spiritual element in your life? If so, examine where this lack of acknowledgment of your own spirituality comes from. Such an examination often provides useful insights into the events that have shaped your personal development.

To explore ways that spirituality might further strengthen your worldview, read the suggestions about spiritual growth in the next section of these guidelines.

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 teacher, counselor, minister, or member of your family. Turn this moment of confusion into an opportunity for learning.

In addition, begin to learn how spiritual growth can become a source of personal resilience:

As you learn to experience *the spirit of life* as the core of your own being, your self-esteem will begin to rise. This will help you tap the power and strength of your own inner self. As your inner self grows more empowered, you will become able to discover meaning and purpose in your life that you may not have known how to recognize. As a result, you can develop the courage to act in more confident and creative ways.

If your low INSPIRIT score represents a lack of spiritual exploration and growth, seek help from others to develop spirituality and contemplative practice into a source of empowerment and resilience.

