Elements of a Spiritual Profile & Needs Assessment

1. Faith identity

2. Religious or spiritual beliefs

3. Religious or spiritual practices: formal/informal; ability to access

4. Community of affiliation: faith, 12-step, groups, congregation, fellowships

5. Importance of ritual/worship (i.e. meditation, prayer, objects)

6. Perspective of current crisis through lens of beliefs, teachings, values

7. Meaning making, values, ultimate considerations

8. Decision making style or contributing factors

9. Spiritual or religious concerns, needs, expressions

10. Impact of religion and/or spirituality, re: coping, decision making, future events

11. Sources of strength and healing: hope, meaning, comfort, love, connection, trust, faith, joy
12. **Significant relationships**: with self, with others, transpersonal, relational concerns

13. **Other**: personal interests, hobbies, significant relationships, resources, relevance of time and place