

# Spiritual Needs Assessment

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On the following page there is a planner for a specific need.

1. In the 'Where I am now' section, write how that need is currently being met in your life (for example, even if you only see one person a week, this counts toward meeting your need for attention).
2. Grade how well each need is currently being catered for and enter a score in the score box. A 10 would be 'completely' and 1 would be 'hardly at all.'
3. In the 'Where I'd like to be' section, describe how you would like things to be with this need.
4. In the 'Steps to take' section, put down some practical ways in which you could get this need better met now, later, and in the future.
5. In the 'I'll know I've got there when' section, write down how you will know that this need is now being adequately well met.

## **Example**

Need To give and receive attention.

Currently I speak to my mother once a week on the phone. I see people in the store.

I see my husband. I feel I am not getting as much interaction as I need.

Score is 4/10.

I'd like to be I'd like to spend more time with my own women friends. I'd like to join a group where I can meet others with shared interests. I'd like to know my neighbors better – I think local people should hang together more.

Steps Now: I can call up Ann and plan to go out for a coffee. I'll see if we can meet every week at a suitable time. I can start saying 'hi' to the neighbors. If they don't speak to me, it doesn't mean I can't speak to them.

Later: I can find out when the aerobics class is on at the sports center. I can get information about local societies and choose one or more to join.

Future: I can contact my local volunteering center and see if I can do a half-day each week.

## **Signs of success**

I'll know I've got there when I am spending at least 4-6 hours in a week in the company of people other than my husband. And when I'm meeting one or more of my own friends once a week.

**My Current Spiritual Needs:**

Fulfilled through:  
*Friends,  
Family,  
And those who share  
the same beliefs as I do.*

**Where I am now...**

Score

**Where I'd like to be:**

**Steps to Take**

**Now**

**Later**

**Future**

**I'll know I've got there when:**