

Emotional/Spiritual Health Inventory
By Peter Scazzero

Please answer these questions as honestly as possibly.

	Not very true	Sometimes true	Mostly true	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.	1	2	3	4
2. I love to worship God by myself as well as with others.	1	2	3	4
3. I spend quality, regular time in the Word of God and in prayer.	1	2	3	4
4. I sense the unique ways God has gifted me individually and am actively using my spiritual gifts for his service.	1	2	3	4
5. I am a vital participant in a community with other believers.	1	2	3	4
6. It is clear that my money, gifts, time and abilities are completely at God's disposal and not my own.	1	2	3	4
7. I consistently integrate my faith in the marketplace and the world.	1	2	3	4
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).	1	2	3	4
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).	1	2	3	4
3. I enjoy being alone in quiet reflection with God and myself (Mark 1:35; Luke 6:12).	1	2	3	4
4. I can share freely about my emotions, sexuality, joy and pain (Ps 22; Prov 5:18; Luke 10:21).	1	2	3	4
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).	1	2	3	4
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).	1	2	3	4
Total				
Principle 2: Break the Power of the Past				
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).	1	2	3	4
7. 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)	1	2	3	4
8. 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).	1	2	3	4
9. 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).	1	2	3	4
10. I don't need approval from others to feel good about myself (Prov 29:25; Gal 1:10).	1	2	3	4
11. I take responsibility and ownership for my past life rather than to blame others (John 5: 5-7).	1	2	3	4
Total				

	Not very true	Sometimes true	Mostly true	Very true
Principle 3: Live in Brokenness and Vulnerability				
12. I often admit when I'm wrong, readily asking forgiveness from others (Matt 5:23-24).	1	2	3	4
13. I am able to speak freely about my weaknesses, failures, and mistakes (2Cor 12: 7-12).	1	2	3	4
14. Others would easily describe me as approachable, gentle, open and transparent (Gal 5:22-23; 1Cor 13: 1-6).	1	2	3	4
15. Those close to me would say that I am not easily offended or hurt (Matt 5:39-42; 1Cor 13:5).	1	2	3	4
16. 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).	1	2	3	4
17. I am rarely judgmental or critical of others (Matt 7: 1-5).	1	2	3	4
18. Others would say that I am slow to speak, quick to listen and good at seeing things from their perspective (James 1: 19-20).	1	2	3	4
Total				
Principle 4: Receive the Gift of Limits				
19. I've never been accused of "trying to do it all" or of biting off more than I could chew (Matt 4:1-11).	1	2	3	4
20. I am regularly able to say "no" to requests and opportunities than risk overextending myself (Mark 6: 30-32).	1	2	3	4
21. 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).	1	2	3	4
22. It's easy for me to distinguish the difference between when to help carry someone else's burden (Gal 6:2) and when to let it go so they can carry their own burden (Gal 6:5).	1	2	3	4
23. 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).	1	2	3	4
24. Those close to me would say that I am good at balancing family, rest, work and play in a biblical way (Ex 20:8).	1	2	3	4
Total				
Principle 5: Embrace Grieving and Loss				
25. I openly admit my losses and disappointments (Ps 3:1-8; 5: 1-12).	1	2	3	4
26. 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 5: 1-12).	1	2	3	4
27. I take time to grieve my losses as David (Ps 69) and Jesus did (Matt 26:39; John 11:35; 12:27).	1	2	3	4
28. 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).	1	2	3	4
29. 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).	1	2	3	4
Total				

	Not very true	Sometimes true	Mostly true	Very true
Principle 6: Make Incarnation Your Model for Loving Well				
30. 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 shoes (John 1:1-14; Cor 8:9; Phil 2:3-5).	1	2	3	4
31. People close to me would describe me as a responsive listener (Prov 29:11; James 1:19).	1	2	3	4
32. 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).	1	2	3	4
33. I am able to accept myself just the way I am (John 13:1; Rom 12:3).	1	2	3	4
34. 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).	1	2	3	4
35. People close to me would say that I suffer with those who suffer and rejoice with those who rejoice (Rom 12:15).	1	2	3	4
36. I am good about inviting people to adjust and correct my previous assumptions about them (Prov 20:5; Col 3:12-14).	1	2	3	4
37. 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).	1	2	3	4
38. I rarely judge others quickly but instead am a peacemaker and reconciler (Matt 7:1-5).	1	2	3	4
39. People would describe me as someone who makes "loving well" my number one aim (John 13:34-35; 1 Cor 13).	1	2	3	4
Total				

Inventory Results

For each group of questions:

- ✧ Add your answers to get the total for that group. Write your totals on the top portion of page.
- ✧ Finally, see the last page for interpretations of your level of emotional health in each area. What patterns do you discern?

PART A	Questions	Total
General Formation and Discipleship	1 - 7	___ / 28
PART B		
P1 Principle One – Look Beneath the Surface	1 - 6	___ / 24
P2 Principle Two – Break the Power of the Past	7 - 12	___ / 24
P3 Principle Three – Live in Brokenness and Vulnerability	13 - 19	___ / 28
P4 Principle Four – Accept the Gift of Limits	20 - 25	___ / 24
P5 Principle Five – Embrace Grieving and Loss	26 - 30	___ / 20
P6 Principle Six – Make Incarnation Your Model for Loving Well	31 - 40	___ / 40

	A	P1	P2	P3	P4	P5	P6
Emotional Adult	28	24	24	28	24	20	40
	23	20	20	23	20	17	30
Emotional Adolescent	22	19	19	22	19	16	29
	17	15	15	17	15	13	23
Emotional Child	16	14	14	16	14	12	22
	10	10	10	12	10	9	16
Emotional Infant	9	9	9	11	9	8	15
	6	6	6	7	6	5	9

Interpretation Guide: Levels of Emotional Maturity

Emotional Infant. Like a physical infant, I look for other people to take care of me more than I look to care for them. 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, and am unaware of how my behavior is effecting/hurting them. People sometimes perceive me as inconsiderate, insensitive and self-centered.

Emotional children. Like a physical child, when life is going my way and I am receiving all the things I want and need, I am content and seem emotionally well-adjusted. However, as soon as disappointment, stress, tragedy or anger enter the picture, I quickly unravel inside. I interpret disagreements as a personal offense and am easily hurt by others. 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 have difficulty calmly discussing with others what I want and expect from them in a mature loving way.

Emotional adolescents. Like a physical adolescent, I know the right ways I should behave in order to "fit in" mature, adult society. I can feel threatened and alarmed inside when I am offered constructive criticism, quickly becoming defensive. I subconsciously keep records on the love I give out, so I can ask for something in return at a later time. When I am in conflict, I might admit some fault in the matter, but I will insist on demonstrating the guilt of the other party, proving why they are more to blame. Because of my commitment to self-survival, I have trouble really listening to another person's pain, disappointments, or needs without becoming preoccupied with myself.

Emotional adults. I can respect and love others without having to change them or becoming critical and judgmental. I don't expect anyone to be perfect in meeting my relational needs, whether it be my spouse, parents, friends, boss or pastor. I love and appreciate people for who they are as whole individuals, the good and the bad and not for what they can give me or how they behave. I take responsibility for my own thoughts, feelings, goals and actions. When under stress, I don't fall into a victim mentality or a blame game. 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 and freely discuss them with others. Deeply in tune with my own emotions and feelings, I can move into the emotional worlds of others, meeting them at the place of their feelings, needs and concerns. I am deeply convinced that I am absolutely loved by Christ, that I have nothing to prove.