

BELIEVER PREPARED - Spiritual & Emotional Survival Skills Assessment

- Adapted by a self-evaluation written by Karen Wyatt, MD

Please read the following statements and choose the appropriate response to each of them, using the number scale on the right. Circle the number that best indicates your thoughts/feelings about the statement, with "1" corresponding to "Strongly Disagree" and "5" corresponding to "Strongly Agree." If you are neutral about the statement, choose "3."

Place your score for each statement in the box on the right and add up all 14 values to get your total score.

STATEMENT:	Strongly Disagree	Neutral	Strongly Agree	Scripture		
1) My experiences with suffering in life have enabled me to grow both spiritually and emotionally.	1	2	3	4	5	1 Pet 4:12-19 & 5:8-11
2) I have gotten through difficult times before, so I know I can do it again.	1	2	3	4	5	Isa 40:31
3) I am able to give and receive unconditional love.	1	2	3	4	5	1 Cor 13:4-7
4) I feel a sense of belonging to a group or a community.	1	2	3	4	5	Prv 27:10
5) I have forgiven myself, others and God for the disappointments in my life.	1	2	3	4	5	Mat 6:14-15
6) I can get over my anger toward other people when they make mistakes.	1	2	3	4	5	Luke 6:27-36
7) I am able to enjoy the present moment without being distracted by my worries and fears.	1	2	3	4	5	Mat 6:33-34
8) I regularly feel gratitude for everything in my life.	1	2	3	4	5	1 The 5:16-18
9) I feel a sense of purpose and meaning that guides my life.	1	2	3	4	5	2 Cor 1:3-4
10) I commit some time every day to my spiritual and emotional growth.	1	2	3	4	5	2 Tim 3:16-17
11) I am able to let go of my attachment to specific outcomes and tolerate uncertainty.	1	2	3	4	5	Jer 29:11
12) I am able to make choices for my life that are free of fear.	1	2	3	4	5	Prv 3:5-6
13) I have fully grieved all the past losses that have occurred in my life.	1	2	3	4	5	Ps 71:19-21
14) I have a sense that things always work out for the best in the end.	1	2	3	4	5	Rom 8:28
15) I am mentally and spiritually prepared to suffer for my faith in Jesus Christ.	1	2	3	4	5	Mat 10:22

Total _____

Level of Believer-Preparedness

14-38 = Low

29-54 = Moderately prepared

55-70 = Well prepared to help those in crisis

In areas that you rank yourself 3 or below, consider reading scripture references to see what God has to say to you. Spend time in prayer, along with further scripture study to strengthen those areas. Use this tool as a source for discussion with trusted believers who can support your growth.

"As iron sharpens iron, so a man sharpens another." Proverbs 27:17