

## INVENTORY OF SPIRITUAL/EMOTIONAL MATURITY

The following diagnostic outlines a biblical basis for a new paradigm of discipleship; it includes emotional maturity, but it is done in a personal way.

Emotional health is not merely an idea to think about. It is an experience for you when you are alone and in your close relationship with others. Take a few minutes to reflect on this simple inventory to get a sense of where you are as a disciple of Jesus Christ, both as an individual and at church. It will help you get a sense of whether your disciplinship has touched the emotional components of your life and, if so, how much.

It's natural to feel uneasy or uncomfortable about some of the questions. Try to be as vulnerable and open as possible. Remember that the inventory will reveal nothing about you that is new to God. Take a moment to pray that God will guide your responses and to remember that you can afford to be honest because he loves you dearly without condition.

## EMOTIONAL/SPIRITUAL HEALTH INVENTORY

Please answer these questions as honestly as possible. Use the following scoring method:

1= not very true; 2= sometimes true; 3=mostly true; 4=very true

### Part A. General Formation and Discipleship

1. I feel confident of my adoption as God's son/daughter and rarely, if ever, questions 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 Points \_\_\_\_\_

### Part B. Emotional Components of Discipleship

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. (Romans 7:21-25; Proverbs 5:18-19; Luke 10:21). 1 2 3 4

- |   |         |
|---|---------|
| 3. I enjoy being alone in quiet reflection with God and myself.<br>(Mark 1:35; Luke 6:12).  | 1 2 3 4 |
| 4. I can share freely about my emotions, sexuality, joy, pain.<br>(Psalm 22; Proverbs 5:18-19; Luke 10:21).   | 1 2 3 4 |
| 5. I am unable to experience and deal with anger in a way that<br>leads to growth in others and myself.<br>(Ephesians 4:25-32).   | 1 2 3 4 |
| 6. I am honest with myself (and a few significant others)<br>about the feelings, beliefs, doubts, pains, and hurts<br>beneath the surface of my life.<br>(Psalm 73:88; Jeremiah 20:7-18). | 1 2 3 4 |
| Total Points  | _____   |

**Principle 2: Break the Power of the Past**

- |  |         |
|--|---------|
| 7. I resolve conflict in a clear, direct, and respectful way,<br>not what I might have learned growing up in my family,<br>such as painful putdowns, avoidance, escalating tensions,<br>or going to a third party rather than to the person directly.<br>(Matthew 18:15-18). | 1 2 3 4 |
| 8. I am intentional at working through the impact of<br>significant "earthquake" events that shaped my present,<br>such as death of a family member, an unexpected pregnancy<br>divorce, addiction, or a major financial disaster.<br>(Genesis 50:20; Psalm 51).             | 1 2 3 4 |
| 9. I am able to thank God for all my past life experiences,<br>seeing how he has used them to uniquely shape me into<br>who I am.<br>(Genesis 50:20; Romans 8:28-30).  | 1 2 3 4 |

10. 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.  
(Exodus 20:5; compare Genesis 20:2; 26:7; 27:19; 37:1-33), 1 2 3 4
11. I don't need approval from others to feel good about myself  
(Proverbs 29:25; Galatians 1:10). 1 2 3 4
12. I take responsibility and ownership for my past life rather than to blame others.  
(John 5:5-7). 1 2 3 4

### Principle 3: Live in Brokenness & Vulnerability

13. I often admit when I'm wrong, readily asking forgiveness from others  
(Matthew 5:23-24). 1 2 3 4
14. I am able to speak freely about my weaknesses, failures, and mistakes.  
(II Corinthians 12:7-12). 1 2 3 4
15. Others would easily describe me as approachable, gentle, open, and transparent.  
(Galatians 5:22-23; I Corinthians 13:1-6). 1 2 3 4
16. Those close to me would say that I am not easily offended or hurt.  
(Matthew 5:39; I Corinthians 13:5). 1 2 3 4
17. I am consistently open to hearing and applying constructive criticism and feedback that others might have for me.  
(Proverbs 10:17; 17:10; 25:12) 1 2 3 4
18. I am rarely judgmental or critical of others.  
(Matthew 7:1-5). 1 2 3 4

19. 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 Points \_\_\_\_\_

Principle 4: Receive the Gift of Limits

20. I've never been accused of "trying to do it all" or of biting  
off more than I could chew.  
(Matthew 4:1-11). 1 2 3 4

21. I am regularly able to say "no" to requests and  
opportunities than risk overextending myself.  
(Mark 6:30-32). 1 2 3 4

22. I recognize the different situations where my unique,  
God-given personality can be either a help or  
hindrance in responding appropriately.  
(Psalm 139; Romans 12:3; I Peter 4:10). 1 2 3 4

23. It's easy for me to distinguish the difference between  
when to help carry someone else's burden (Galatians 6:2)  
and when to let it go so they can carry their own burden  
(Galatians 6:5). 1 2 3 4

24. 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

25. Those close to me would say that I am good at balancing  
family, rest, work, and play in a biblical way.  
(Exodus 20:8). 1 2 3 4

Total Points \_\_\_\_\_

## Principle 5: Embrace Grieving & Loss

26. I openly admit my losses and disappointments.  
(Psalm 3:1-8; 5:1-12). 1 2 3 4
27. When I go through a disappointment or a loss, I reflect on how I'm feeling rather than pretend that nothing is wrong.  
(II Samuel 1:4, 17-27; Psalm 51:1-17). 1 2 3 4
28. I take time to grieve my losses as David (Psalm 69) and Jesus did (Matthew 26:39; John 11:35; 12:27). 1 2 3 4
29. 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.  
(II Corinthians 1:3-7). 1 2 3 4
30. I am able to cry and experience depression or sadness, explore the reasons behind it, and allow God to work in me through it.  
(Psalm 42; Matthew 26:36-46). 1 2 3 4

Total Points \_\_\_\_\_

## Make Incarnation Your Model for Loving Well

31. 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; II Corinthians 8:9; Philippians 2:3-5). 1 2 3 4
32. People close to me would describe me as a responsive listener.  
(Proverbs 29:11; James 1:19). 1 2 3 4

33. 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
34. I am able to accept myself just the way I am.  
(John 13:1-3; Romans 12:3). 1 2 3 4
35. I am able to form deep relationships with people from different backgrounds, cultures, races, educational, economic classes.  
(John 4:1-26; Acts 10-11). 1 2 3 4
36. People close to me would say that I suffer with those who suffer and rejoice with those who rejoice.  
(Romans 12:15). 1 2 3 4
37. I am good about inviting people to adjust and correct my previous assumptions about them.  
(Proverbs 20:5; Colossians 3:12-14). 1 2 3 4
38. When I confront someone who has hurt or wronged me, I speak more in the first person ("I" & "me") about how I am feeling rather than speak in blaming tones ("you" or "they") about what was done.  
(Proverbs 25:11; Ephesians 4:29-32). 1 2 3 4
39. I rarely judge others quickly but instead am a peacemaker and reconciler.  
(Matthew 7:1-5). 1 2 3 4
40. People would describe me as someone who makes "loving well" my number one aim.  
(John 13:34-35; I Corinthians 13). 1 2 3 4

## INVENTORY RESULTS

For each group of questions do the following:

- Add your answers to get the total for that group. Write your totals on the top portion of each fraction total in the group.

	<u>Questions</u>	<u>Total</u>
<b>Part A</b>	1-7	/28
<b>General Formation &amp; Discipleship</b>		
<b>Part B</b>		
Principle 1- Look Beneath the Surface	1-6	/24
Principle 2- Break the Power of the Past	7-12	/24
Principle 3- Live in Brokenness & Vulnerability	13-19	/28
Principle 4- Accept the Gift of Limits	20-25	/24
Principle 5- Embrace Grieving and Loss	26-30	/20
Principle 6- Make Incarnation Your Model for Loving Well	31-40	/40



- Below plot your scores from parts A & B in the space given below.  
Connect each dot plotted to access your level of emotional maturity.

	A	P1	P2	P3	P4	P5	P6
Emotional Adult	28	28	24	28	24	20	40
	23	20	20	23	20	17	30
Emotional Adolescent	17	15	15	17	15	13	23
Emotional Child	12	10	10	12	10	9	16
Emotional Infant	7	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 enters 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 and loving way.

**Emotional adolescent:** 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 become defensive. I subconsciously keep records on the love I give out, so I can ask for something in return later. When I am in conflict, I might admit some fault in the matter, but I will insist on demonstrating the guile 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 do not expect anyone to be perfect in meeting my relational needs, whether it is 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 do not 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.