

REMUDA RANCH SPIRITUAL INVENTORY
FORM B

IMPORTANT: This inventory is for persons who have *never* had a personal relationship with Jesus Christ. If you currently have or have had a personal relationship with Jesus Christ, please fill out FORM A instead.

Below are some groups of statements. For each group, circle the number next to the statement that best describes your beliefs and feelings. Circle ONLY ONE statement per group. If more than one statement applies, circle the one which is *most true* for you. Please read all statements *before* choosing an answer.

Please note: If you prefer the term “higher power” rather than “God,” please substitute that term where you read the word “God” in the questions below.

1.
 0. I believe in God, and I rely on God to help me in my life.
 - 1a. I believe in God, and I *used* to rely on God to help me in my life.
 - 1b. I believe in God, but I have never relied on God to help me in my life.
 2. I have begun to doubt that there is a God.
 - 3a. I no longer believe in God.
 - 3b. I have never believed in God.

2.
 0. I know God is loving, and I often *feel* God’s love for me.
 1. I know God is loving, and I know God loves me, but *I seldom feel like God loves me.*
 2. I know God is loving, but I have a difficult time believing that God loves me.
 3. If there is a God, God isn’t very loving.

3.
 0. I have been taught that God loves me just as I am, and I believe that God does love me just as I am.
 1. I have been taught that God loves me as long as I act in a moral way, **but** *I have come to believe that God loves me just as I am.*
 2. I was taught *with words* that God loves me just as I am, but the underlying message I was given and have absorbed is that I have to live up to certain standards to be *truly* loved by God.
 3. Even if God is there -- there is no way God could love me.

4. By and large, the spiritual and religious people I knew in my childhood and teenage years were:
 0. Loving people.
 1. Just like everyone else.
 2. Legalistic and judgmental.
 3. Abusive and self-righteous.

5.
 0. My memories of church, synagogue, or other religious services I attended when I was young are wonderful memories of warmth and love.
 1. I remember going to religious services as a child, but I didn’t particularly like them.
 2. I did not go to religious services when I was growing up.
 3. Growing up, I was forced to attend legalistic and judgmental religious services where I felt a great deal of shame.

6. In times of pain and need:
 0. I have been helped by and felt the love of several people who were spiritual or religious.
 1. I have been helped by and felt the love of at least one person who is spiritual or religious.
 2. I have never been helped by anyone who was spiritual or religious.
 3. Spiritual and religious people seem like the least likely people to help when you are hurting.

7.
 0. I feel the close presence of God.
 1. I used to feel the presence of God, but no longer.

2. I am not close to God and have never felt a presence.
8. 0. At least one of my parents was a loving spiritual or religious person who taught me, both by words and by example, about God's love.
 1. At least one of my parents was a spiritual or religious person and treated me well, but seldom talked about spiritual matters.
 2. Neither of my parents was spiritual or religious.
 3. At least one of my parents was a spiritual or religious person, and yet, I felt like I could never measure up to this parent's standards or expectations.
9. 0. I pray pretty much everyday. Prayer is a very important part of my life.
 1. I pray pretty much everyday, and sometimes it helps.
 2. I pray pretty much everyday, but I almost never get anything out of it.
 3. I believe that prayer is just a waste of time.
10. 0. I feel a strong and growing sense of spiritual connection with others.
 1. I used to feel a strong spiritual connection with others, but not so much anymore.
 2. I feel isolated and alienated from other people.
11. 0. For some time now, I have had a group of people (other than my family) who accept me just as I am, **and** who encourage me to grow in emotionally and spiritually healthy ways.
 1. I have just recently found, or would really like to find, a group of people who accept me just as I am **and** who encourage me to grow in emotionally and spiritually healthy ways.
 2. I have no interest in finding a group of people who would accept me just as I am **and** encourage me to grow in emotionally and spiritually healthy ways.
12. Groups, meetings, and gatherings of spiritual people (such as 12-step meetings and churches) are...
 0. a place where I find comfort and fellowship.
 1. okay.
 2. filled with hypocrites.
13. 0. I frequently read spiritual books or listen to or watch spiritually inspiring programs because this helps me a great deal in my day to day life.
 1. Although I do not frequently read spiritual books, or listen to or watch spiritual programs, when I do I usually experience this as beneficial.
 2. I never, or almost never, read spiritual books or listen to or watch spiritual programs.
 3. I feel like I should read more spiritual books, or listen to or watch more spiritual programs, and I feel ashamed and guilty that I don't.
14. 0. I love spending time with spiritual people.
 1. I would like to spend time with spiritual people, but recently I can't seem to find a place where I fit in.
 2. I have always had a very difficult time relating to spiritual people.
 3. I have absolutely no interest in being with spiritual people.

15. has
0. Even though things get tough sometimes, God has been a faithful and true source of help and never let me down.
 1. There are times when I feel like God has let me down and I get angry, but I *know* God really hasn't let me down.
 2. I can't say that God has let me down, because I have never really trusted God for anything.
 3. Right now I believe that God has really let me down.
16. Which statement best describes you at the present time?
0. I am very interested in learning more about Jesus Christ.
 1. I am somewhat interested in learning more about Jesus Christ.
 2. I have no interest in Jesus Christ.
17. If I were to have a mystical experience or suddenly felt the presence of God in a powerful way, I would feel:
0. ecstatic.
 1. shocked.
 2. ashamed.
18. I have:
0. never been abused (physically, sexually, or emotionally) by someone claiming to be spiritual or religious.
 1. been mildly abused (physically, sexually, or emotionally) by someone claiming to be spiritual or religious.
 2. been severely or repeatedly abused (physically, sexually, or emotionally) by someone claiming to be spiritual or religious.
19. People who have emotional problems are:
0. Spiritually just as strong as anyone else.
 1. Spiritually weaker than others, but loved just as much by God.
 2. Usually reaping what they have sown.
20. When I think about hurtful or immoral things that I or other people have done,
0. I usually feel forgiven and I can usually offer forgiveness to other people as well.
 1. I know about forgiveness, but I don't always feel forgiven and have trouble forgiving other people.
 2. I frequently feel condemnation for myself or toward others.
21. When people talk about God's love, I feel...
0. joyful.
 1. nothing.
 2. shame.
22. Lately...
0. I have found myself having a strong urge to grow closer to God and to spend more time with spiritual people.
 1. I have found little change in my spiritual interests.
 2. I have found myself wanting to move away (or stay away) from anything to do with spirituality.
23. I feel.....
0. spiritually strong.
 1. uncertain about my spiritual life.
 2. ashamed of who I am.
24. Which statement best describes your spiritual life?

- 0. Wonderful.
- 1a. Good.
- 1b. Just okay.
- 2. Non-existent.
- 3. Full of shame.

Below are some statements. Please circle the number to the right of the statement that indicates whether it is generally very true of you, somewhat true of you, or not true of you.

	Very True of Me	Somewhat True of Me	Not True of Me
25. I doubt that there is a spiritual aspect to my existence.	2	1	0
26. I do not generally engage in activities that help me grow spiritually.	2	1	0
27. I am not very motivated to grow spiritually.	2	1	0
28. I have no relationships with other people which I consider to be spiritual in nature.	2	1	0
29. On an emotional level, I feel like--no matter how hard I try--I just cannot please or satisfy God.	2	1	0
30. I believe I would have very few problems if I were just more spiritual.	2	1	0
31. I have been told by people who are important to me that my current problems are due to my sins and/or my lack of spirituality.	2	1	0
32. I feel like I am a disappointment to God.	2	1	0
33. I believe I would be able to overcome all my problems if I could just act better morally or develop a better spirituality.	2	1	0
34. I believe that God takes pleasure in giving me trials to deal with.	2	1	0
35. I have promised God over & over that I would stop doing some behavior which I know is immoral. Yet I keep going back and doing the same thing again & again. Because of this, I just cannot believe that I am acceptable in God's eyes.	2	1	0
36. I feel like God is fed up with me.	2	1	0
37. If I just worked harder at being more spiritual, I wouldn't get so depressed.	2	1	0
38. It's me and God--I don't really need anyone else.	2	1	0
39. I have failed God so many times, it's difficult for me to pray or to want a connection with God.	2	1	0
	Very True of Me	Somewhat True of Me	Not True of Me

40.	I know God helps everyone, but I feel so far gone that I feel like I am without hope.	2	1	0
41.	I believe that people should not let others see when they are emotionally pained.	2	1	0
42.	I have been so hurt in life that it is difficult for me to believe there is a loving God who cares about me.	2	1	0
43.	When I am around spiritual or religious people, I feel ashamed of myself or jealous.	2	1	0
44.	Shame is what I feel most of the time.	2	1	0
45.	Developing my spirit is not as important as developing my body or mind.	2	1	0
46.	I do not devote, nor do I plan to devote, significant time or effort to my spiritual growth.	2	1	0

47. *Please circle the number on the line below that indicates how close to God or far away from God you have felt this past week including today.*

0
1
2
3
4
5
6
 Very close Close Far Very far