

University of South Carolina-College of Social Work
Second Tuesday
Social Work Practice Meets Religion & Spirituality
Questions for Implicit Spiritual Assessment

1. What currently brings a sense of meaning and purpose to your life?
2. What helps you feel more aware and centered?
3. Where do you go to find a sense of deep inspiration or peace?
4. When do you feel times of great peace, joy, and satisfaction with life?
5. What are the most important sources of strength and help for you in getting through times of difficulty or crisis?
6. Please describe some recent experiences when you felt a sense of important new insight, such as an “aha” moment?
7. Who are you most important mentors and why?
8. For what are you most grateful?
9. In way is it important or meaningful for you to be in this world (or in this situation)?
10. Who is most important in your life?
11. In what do you put your sense of trust and hope?
12. With whom do you feel love?
13. When do you feel most fully alive?
14. What are the deepest questions your situation raises for you?
15. What causes you most distress and confusion?
16. What is it about this situation that shakes your sense of what is true and right?
17. What were sources of deep meaning, peace, joy, and strength in time of past trouble that helped you get through and how can they be applied to this situation?
18. How can you draw on any of the past or present strengths and resources you identified in order to respond better to this situation (or achieve your goal)?
19. If you had a magic wand, what would you change to make your life more meaningful and fulfilling?
20. What is your goal for the near future and how can we work together to help you get there?

Reference

Canda, E.R. & Furman, L.D. (2010). *Spiritual diversity in social work practice: The heart of helping*. New York, NY: Oxford University Press. 266