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Social Work and Christianity SWK 242/562

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Self Assessment

I must confess, I felt nervous and hesitant about taking the assessments because I had no preconceived expectations. After completing the assignments I am pleased for a few reasons; the first reason, they were not difficult to complete, secondly, all the results were confirmation of what God did and is still doing in me. Thirdly, there were things that I had not thought about ever since it occurred in the early parts of my life. I was able to trace the hand of God all through my life even in the little things that are so often overlooked.

Completing the Framework for Conducting a Spiritual History (Scales & Kelly, p262) I felt nostalgia, so much time had passed since I've sat down and looked at my life almost from a panoramic view. In the Initial Narrative Framework, the questioning led me to make a powerful connection about my spiritual life and that of my mother and grandmother. I grew up in a Christian household where praying and going to church was a weekly practice. My mother took my sisters and me to church every Sunday morning and evening which was such a joy because of the treats that will follow. We were taught to express our belief by praying, singing, and spreading the Gospel through acts of kindness.

My mother put her faith into action by giving to those who were less fortunate than us and she would use that as an opportunity to pray and introduce them to the Lord. Our family value is founded on the word of God and today it still plays an integral part in my life. The

personal experience that stood out the most was seeing my mother and grandmother's prayer life. My mother being a single parent of three girls had so many burdens to carry, but instead of grumbling and complaining, she spent a lot of time praying and fasting. I would go into her room to ask her if she needed something to eat but she politely declined, I remembered hearing sermons playing all-day long, her bible opened with notes and highlighted pages. My grandmother had a spot in the house where we weren't allowed to go near. She had a table in the corner with a candle and usually a glass of water because when she started to pray, an hour and a half after she would be so thirsty.

As I grew physically and spiritually, I found myself just like my mom and grandmother, constantly praying when life gets hard and if I need help I would go into my secret place and pour out to God. I know that God calls us into a relationship with Him and it's His spirit that wills us to do well, but I thank God for having such positive examples to follow. My relationship with God shapes all areas of my life my behavior, cognition, conscience, and intuition.

The Well-Being Scale Assessment determined that I hold a very positive view of my future with God, also I have a high level of satisfaction with my life and a clear sense of purpose. I gave my life to Christ at the age of nine, I attribute all that I am today because I decided to let God lead me. In my teenage years, I wanted to experience life the way it was portrayed on television. I wanted to go to parties, have a boyfriend, and hang out with friends. God is so gracious that He allowed me to experience those things and all that came with it - the disappointment, heartbreak, and feeling of shame and guilt. God promised to use all the bad things for our good and I can say He kept His word. Living that way never bought real satisfaction, only temporary joy, and that made me run back to Him with my heart at the altar. I scored 52 on my Existential Well-being and 62 on my Religious Well-being and the total score

of 114, which means I have high Spiritual Well-being. These scores are confirming that God is my life's guide and He is my strength and my joy. I am happy that the fruits of my life is being experienced and also noted.

The Enneagram Test determined that I am a Type 7, 2, and 8 which seems to be an accurate description of my personality. Type 7 was the highest score "The Adventurer" energetic, lively, generous, and optimistic and wants to contribute to the world. I am very optimistic and I do believe I have something very special to offer to this world, it also states that being appreciated is very important to this personality type. We may be adventurous and love fun but at times this can be a distraction because we can't always focus the way we should. Being pulled in many directions leads to unfulfilled dreams and tasks which is very counterproductive to changing the world.

Type 2 "The Helper" warm, concerned, nurturing, and sensitive to other people's needs, again a spot-on description of my heart. A few things that a helper enjoys is being able to relate easily to people, knowing what people need, and being able to make their lives better, being generous, caring, fun-loving, and having a good sense of humor. I've learned that being a giver comes with a price of sometimes not being able to say no and feeling drained from overdoing for others, and not doing things I really like to do for myself for fear of being selfish. It is so important to have a mature relationship with God because He gives us wisdom and knowledge for all situations and will teach us what to say and how to act.

Type 8 "The Asserter" we are considered to be direct, self-reliant, self-confident, protective, independent, being courageous, honest life-supporting, empowering, and protecting those close to me upholding just causes. Seeing all these characteristics listed brings awareness

that my prayers are being answered; my prayer is to mirror the heart of God and I see that as I continue to live my life for God, it will be accomplished.

The assessments highlighted my strengths and weakness allowing the ability to have an honest assessment of the things that I need to improve. My strengths will allow me the ability to relate to my clients more effectively, to show compassion with honesty and a little assertiveness when needed. The areas that I have to very mindful of are not taking on the burdens of others to the point of burnout and fatigue. Learning balance is needed, self-care, and seeking help from others as a support team. God is my ultimate source of strength and with His leadership and guidance I know I can do all things through Christ, with Him at the head of my life I will continue to mirror the example of Jesus to all those I come in contact with love, grace, and humility.

References

(n.d.). The FAST Accurate Enneagram Test — Discover Your Type!.

<https://enneagramtest.net>

Scazzero, P. (2011). *Emotionally Healthy Spirituality*

Scales, T. L., & Kelly, M. S. (2016). *Christianity and social work: Readings on the integration of Christian faith and social work practice* (5th ed.).

Spiritual Well-Being Scale

