

While conducting all of the evaluations to personally examine my life, I found the results rather interesting. I was not surprised by my results, rather the results were confirming who I know to be. I would consider myself a pretty aware person, and the results gave me a more holistic view of who I am, and my thinking and being patterns. It was more eye-opening, and not a moment of realization for me. I am aware where I am in my spirituality and in my walk with Christ. Before breaking down where I need growth, I feel like I have personally evolved as a person, and while I am not perfect, I have made much progress in my life.

Growing up I was always looking for distraction and not wanting to spend time alone which gave me a personality of being falsely extroverted. I would cover up my insecurities by making sure I was known as the “fun” person or the “life of the party”. Through growing and maturing I have found that I am fine being by myself. I do not need distractions, in fact I get refilled by being alone. I also allow myself to think about how I am feeling. In the past I would run away from my negative feelings and not allow myself to sit with my thoughts; I was always looking for a distraction. This would cause me not to be the best version of myself. I would tap into what I was feeling and I would just let it build up. I was also such a jaded and critical person during my high school years. Though aging, I have become more of an understanding person and realized that I was mean due to my insecurities.

The Myers Briggs personality evaluated me as the Advocate (INFJ). I remember partaking in this assessment about ten years ago and I was considered an extrovert. That has definitely changed. (I would consider myself both; I am 55% introverted and 45% extroverted). While looking at the description it says that I am prone to struggle with perfectionism, burnout, and avoid the ordinary. These are all true and I find myself dealing with anxiety and not wanting to live a boring life (which I find synonymous to an ordinary life). I am an achiever and I want

to give 110% in everything I am doing. So I find myself overextending myself and not setting boundaries where I need to. I will make sure that others are fine before I am, especially when it comes to someone I deeply care about or in a professional setting. I acknowledge that this is not good for my mental health.

When I took the Emotionally Healthy Spirituality assessment my results came back as an emotional adolescent. The description can be summed up by not liking it when others question me. I often find myself making quick judgments and interpretations of people's behavior, especially when they choose something that is obviously toxic for them. I subconsciously keep records on the love I give out. I have trouble really listening to another person's pain, disappointments, or needs without becoming preoccupied with myself. I sometimes find myself too busy to spend adequate time nourishing my spiritual life. I attend church and serve others but enjoy few delights in Christ (I am ashamed to admit that I am prone to delight in more earthly things). My Christian life is still primarily about doing, not being with Him. Prayer continues to be mostly me talking with little silence, solitude, or listening to God. This is a major realization and this shows me that I have progress to make in my spiritual life. While I am glad to see that I am not doing horribly, I must also recognize that there is always room to grow spiritually. I want to actively continue to be the best version of myself and frankly the person God created me to be.

My spiritual well being assessment came back as: Moderate spiritual well being. This is something that I completely acknowledge. I am currently between what Fowler describes as the Synthetic-Conventional Faith Stage and the Individual Reflective Faith Stage. The Synthetic-Conventional Faith stage shows that my faith is my own, it is not just my parents. I have had a personal experience with a higher power and I believe that there is a God who is looking down on me and guiding me. I can honestly say that I am a Christ Follower because I want to be, not

because anyone is making me. The Individual Reflective Faith Stage shows me how I have started to see my faith in a more objective view. I realized that not everyone has to believe what I believe is okay. I am also going through a period of deconstruction. I grew up in the south and Christianity there was very black and white and I never felt like I could be myself. Moving to New York City has been a breath of fresh air. Christians in the city, in my experience, are not judgemental, willing to listen to what you are going through, and not as legalistic. Relocating to the north has definitely been a challenge, and I feel like God shows me so much of himself here in various ways.

While filling out my spiritual history application I notice that I am not fully giving my all when it comes to my relationship with Christ. I will admit that I feel like I have so much on my plate and I leave my time with God for last. This is not something I am proud of, in fact it is something that I want to actively work on. There are times throughout my day where I pray, sit in silence, or even read a Bible verse. I have found myself looking to carve time out of my day to be spiritually refueled. Instead, I need to work my day around my time of reflection and solitude. Not only is it good for me spiritually but also for my mental health.

I have been proactive about being the best version of myself. I attend therapy and/or counseling weekly. I receive guidance from a christian mental health therapist. I eat healthy, and exercise about three to four times a week. I find that this is good for my mental health and my physical health. I prioritize going to church and being active within my Christian community. I have built deep relationships with people in my Bible group and look to them for advice. I seek wise counsel from my religious leaders; by that I mean my pastors, and small group leaders.

This assignment has made me open up my eyes even more. I believe that life is about balance, about not paying too much attention to where you have done wrong but also recognizing

that you have grown (and vice versa). I am not the person that I fully want to be, I still have room to grow, especially with God. Though my last statement is a truth I believe, I can honestly say with full confidence that I am where I am supposed to be. This journey, these realizations are for a purpose.