

MELISSA BURT-MILLER| SELF-ASSESSMENT REFLECTION

In the next lesson, you will write a concise 3-page paper reporting results on each area, including scores and their meaning for you.

This paper will summarize the results on each on the self-assessment activities along with the scores I received on each and what the scores meant for me. The first self-assessment that I took was Hodge and Hiltrop “**Conducting a Spiritual History**” which focused on **Initial Narrative Framework** that consists of three questions and **Interpretive Anthropological Framework** that consists of six questions. The six questions in this section focused on the following categories: **Affect, Behavior, Cognition, Communion, Conscience and Intuition.**

Conducting a Spiritual History -Initial Narrative Framework

The questions associated with this section gave me the opportunity to dig deeper into my upbringing and reflect on my family’s spirituality, religious traditions and personal experiences, and evaluate how these said experiences shaped and matured my life, strength and current religious orientation. In answering these questions, I was able to look back and see how my family spiritual life has evolved and also impact my spiritual life over the years and currently.

Conducting a Spiritual History - Interpretive Anthropological Framework

This portion of the assessment was very interesting, I enjoyed answering the questions as they allowed me to go deeper with God and reflect on aspects of my spiritual life that gave me joy, as well as, observing how my faith in God has helped me overcome obstacles and challenges in life. I was able to assess my faith journey and be honest about my relationship with God, which also showed me that I am in a healthy relationship with God. I also got to dig deeper about why I serve God in the way I do, which gave me some things to further evaluate and pray about in my quiet time with God.

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Emotionally, Healthy, Spirituality (EHS) Personal Assessment

The second assessment that I took was the EHS personal assessment that consists of two parts; **Part A** and **Part B**. **Part A** focused on the **General Formation and Discipleship**. In this section, I scored 28/28. I was not surprised by my scores and result in this section because I made every effort to answer the questions honestly, and I know that based on my personal relationship with God, that the scorings I selected were fitting. Receiving a full mark in this section also made me feel good and I was encouraged to continue remain discipline and build on the foundation of my faith.

Part B of this assessment focused on **Emotional Components of Discipleship**, and was broken down into 7 different principles, namely; **Principle 1-Look beneath the Surface**, in which I scored 23/24, **Principle 2 – Break the Power of the Past-22/24**, **Principle 3 – Live in Brokenness and Vulnerability-24/28**, **Principle 4 – Receive the Gift of Limits-20/24**, **Principle 5 – Embrace Grieving and Loss-20/20**, **Principle 6 – Make Incarnation Your Model for Loving Well-17/20**, and **Principle 7 – Slow Down to Lead with Integrity-19/20**.

The results from this assessment was mostly positive in each of the principle which when tallied summarized that I was an Emotional Adult. According to the assessment, an **Emotional Adult** respect and love others without having to change them or becoming judgmental. They also value people for who they are, not for what they can give or how they behave. An emotional adult also take responsibility of their own thoughts, feelings, goals, and actions, etc. An emotional adult person Christian life has moved beyond simply serving Christ to loving him and enjoying communion with him (The Emotionally Healthy Church: Updated and Expanded Edition (Grand Rapids: Zondervan, 2009). This assessment I believe embodies my truth and made me feel hopeful about my emotional, health and spirituality.

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SWB Scale

The spiritual well-being assessment was the last assessment that I completed. This assessment was pretty easy for me because the questions for the most part was relatable. I did recognize however from doing the assessment that I had to pause to really assess myself and question how do I see my future. I believe this was due to moments where I feel uncertain about what the future holds due to me not being able to clearly see God's plans at times for my life.

For the questions that were positively worded, I scored 64, and the questions that were negatively worded, I scored 54. When tallied, I ended up with a total score of 118. This according to the scale means high spiritual well-being (A score in the range of 100-120). This score made me feel confident in my relationship with God. This score also means that I must continue to maintain my relationship with God and lead by good example for other believers.

The tallied score of the odd number item questions was 60, and according to the scale, this means I have a very positive view of my relationship with God (a score in the range of 50-60). Lastly, the even number item questions tallied to 54, which means that I have a high level of satisfaction with my life and a clear sense of purpose (a score in the range of 50-60). This result will most definitely impact my spiritual life positively and help me as I grow as a Christian and social worker.

Overall, these assessments were helpful and informative, as they gave me new perspectives and insight about myself and my relationship with God.

References: **Conducting a Spiritual History, Emotionally, Healthy, Spirituality (EHS) Personal Assessment, Spiritual Well-being Assessment.**