

MY HISTORY OF SPIRITUALITY

Begin to explore your spiritual life by writing a biography that focuses on your experiences with learning about and relating to God. Start with your recollection of your childhood understanding of God and trace that understanding to the present. Include any meaningful times of closeness to God, distance from God, anger toward God, questions about God, and worship of God. Then answer some questions that explore experiences that may have influenced your thoughts, beliefs, and feelings about spiritual matters.

1. **My Spiritual Journey—A Focused Biography (use back of sheet if needed)**

2. **Where Am I Now Spiritually and How Did I Get Here?**

A. What do I currently believe about a higher power or God? _____

B. How are my thoughts about God as Father influenced by my experiences with my own father or mother? _____

C. How have my life experiences influenced my beliefs and feelings toward God?

D. What do I think prevents me from developing a more meaningful spiritual life? _____

E. What is the difference between spirituality and religion? Are they related? _____

F. What positive and negative experiences have I had with religious people? _____



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G. Do I believe God is harsh and judgmental or loving and forgiving? How does my belief affect my spiritual relationship? _____

H. What three things could I do to make my life of faith and spirituality more meaningful?

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ADULT PSYCHOTHERAPY HOMEWORK BY JONGSMA CORRESPONDS WITH APPROPRIATE DIAGNOSIS & TREATMENT

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