

# Spiritual Assessment Detail Page – “ON”

*This Page Not Intended to Stand Alone – See Main S.H.I.P. Page For Overview*

About the Methodology: This process is offered in the conviction that a holistic approach – one that considers the whole person and life setting – will capture important clues to wellness and wholeness that are helpful to the healing professional. The S.H.I.P. areas of inquiry can be thought of in three pairings: in/on/around, above/beneath, and behind/before. These pairings are easy to remember: simply consider the space around your own body. First, the space spiraling out from within you to on you and then around you. Then, a line that stretches from behind you and continues to the horizon in front of you. Finally, a line stretching from the stars above you down to your roots beneath your feet. The seven prepositions we use – *in ~ on ~ around // above ~ below // behind ~ before* – relate to the following life areas: mind-body wellness, external role, connectedness // spirituality, roots // self-narrative, and outlook. This page focuses on the second of seven assessment areas: ON. This refers to the subject’s relationship to her/his role, station, or attainment level. The words used when answering “I AM A \_\_\_\_.”

– AREA DETAIL PAGE: ON –

ASSESSMENT AREA	IDEAL	TOO LITTLE (!)	TOO MUCH (!)
<b>ON:</b> Role (external). World connection. Functioning. Societal norms conforming.	Role or station, in healthy context. Derives satisfaction from meaningful work. Able to see and relate to people beyond role and status. Relationship to role is not so overpowering as to be subsuming of self.	Unable to cope with day-to-day requirements of role. Feeling of being overwhelmed, overworked, inadequate, or an imposter.	Over-identification with role, station or trappings. Confusion of role and self, resulting in loss of sense of self or other beyond the superficial. Alternatively: rebellion.

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## Questions inquiring about life role



- What do you do, each day? (often answered with, “I’m a \_\_”)
- ...and how do you enjoy that?
- ...is it what you expected you might do? (how so/why not?)

### **Kinesthetic Exercises (Dance or Drama Therapy)**

- Brainstorm ways to express life roles, in dance or drama
- (for children and youth) Express (in dance or drama) what role you see yourself taking as a grown-up

### **Other Notes for the Practitioner**

Consider role and recent changes in that role. How well is the person functioning, and how satisfied does the person feel within that role. If dissatisfied, is the person working towards healthy change. How much do work, role, and future and past accomplishments come up in conversation. Does it dominate, or is it a healthy part of the whole. Is there a role crisis (e.g., job loss) occurring? In the center, a subject can invest in career and takes pride in achievements, but does not confuse self with accomplishment, nor allow the pursuit of accomplishments to harm physical, emotional or spiritual well-being.

**History Note:** we thought hard about the name for this area, to more closely signify the role that we take on, and its external nature. This area had been originally entitled “without.” It’s our hope that this new name is highly intuitive, clear, and memorable. in hopes that a new name would be clearer or easier to remember.

