



IN NEED OF HELP ----- FAIR ----- FLOURISHING

Toxic Ego (Arrogance) ----- Befriending Humility

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Toxic Busyness ----- Healthy Rhythms

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Toxic Noise (Internal & External) ----- Silence, Solitude & Stillness

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Unattended Heartache ----- Facing Anger, Fear and Pain

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Limited Margins ----- Boundaries

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Toxic Ambition ----- Contentment

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Toxic Shame ----- Living from True Self

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Unhealthy Attachments / Addictions ----- Connection

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Symptoms of Your Soul

Constant feeling of hopelessness and despair.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Busy but bored.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Loss of control over life's routine.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Loss of connection and responsiveness to others.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Withdrawal from responsibility and leadership.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Preoccupation with projects of lesser importance.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Restlessness and dissatisfaction.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Resurgence of unhealthy habits, diminished impulse control and diminished resistance

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Guilt and Shame.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

A hard heart.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Awareness of other's love for me and feeling connected to that love.

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

**Adapted from Soul Shaping by Douglas J. Rumford (p. 31-32)*

INTERPRETTING THE SELF CARE & SELF COMPASSION ASSESSMENT TOOL

Thank you for taking the time to complete the *Self Care & Self Compassion Assessment Tool*. We utilize this as a unique assessment tool to help us get a baseline for where clients are beginning therapy with us. From time to time, we will utilize an array of professional assessments to help get some objective feedback for increased insight and perspective. No single tool can capture or cure the problem, but it can definitely help.

Please respond to each of the statements with your best guess by rating your own personal wellness in each particular area on a scale of 1-10. This assessment is a self report so it does not need to be exact. Just select the range you suspect best matches where you believe matches you might be currently. The left side (1) represents a leaning toward impairment or unhealth. The right side (10) represents a leaning toward flourishing or health.

This assessment is simply a tool for taking your temperature and should not be interpreted as a formal diagnosis. We recommend making plans to discuss your results with a trusted companion. This could be a friend, a counselor, a pastor or a spiritual mentor of any kind. If you do not have access to such an individual, we would love to talk with you about your results.

Add up your total score from the 19 responses you provide. Reference the key below to correlate your particular score with some of our recommendations.

0-90 = Drowning
91-150 = Treading Water
151-190 = Floating

Hopefully, as you spend some time reflecting, you will have some new categories for understanding opportunities for your own growth and future flourishing. These assigned categories are not intended to add additional shame as much as they are designed to simply name key areas where we may be in need of help.

0-90 - DROWNING

We know that life can be very overwhelming. Any given week can shift how we might respond to each of these questions. Sickness, financial strain, relational discord, thin margins, emotional confusion and spiritual exhaustion can leave us in an experience of feeling flooded and overwhelmed -- afraid to make the next move.

When DROWNING, people may exhibit any of these four responses;

1. Fight - Given the right amount of pressure or pain, fighting is one way people might respond in order to protect themselves in an emotionally or physically threatening relationship with a spouse, friend, colleague or employer. Some individuals fight aggressively and find themselves doing even more damage to their situation. Some choose to fight deploying a unique brand of passivity. This, too, results in the wounding of key relationships.
2. Flight - This line of thinking tends toward the irrational belief that "if we can not be found then the problem will magically disappear." In reality, this response most often amplifies painful issues causing more incentive to hide.
3. Faint - In many instances people use sleep to deal with feeling flooded. Climbing under the covers satisfies a need to feel warm, safe and secure. The body can become so afraid that exhaustion overcomes and the body shuts down and attempts to recharge or recover the leaking energy that flooding is causing.
4. Freeze - This response allows a persons body to remain present but their affect and responses appear to be frozen or shut down. Staring off into space, eyes glazing over, shallow breathing, big sighs or gasps, lack of eye contact all are signifying and unintentionally communicating a lack of presence. When you freeze, you are more easily distracted by distressful and intrusive thoughts and may demonstrate disassociative features.

When you are drowning, you need an immediate lifeline. We recommend taking the following actions steps for anyone who scores in this range.

1. Reach out ASAP to make an appointment with a licensed professional counselor, preferably someone who is equipped to help you navigate the multidimensional aspects of your emotional and spiritual life. Ideally, this individual would be equipped to treat trauma and distress.
2. Register for a 3-5 Day Soul Care Intensive designed to bring much needed customized care to your situation. <https://www.selfandsoul.care/soul-care-intensive.html>
3. Make an appointment with your General Practitioner to rule out any medical issue that could be contributing to your situation.

4. Share your situation with a couple trusted soul friends. You can not expect to recover alone. Isolation has most likely contributed in some way to where you find yourself currently, and connection is the way home. You will need some emotional and spiritual support as you take steps to become whole.
5. Order and begin reading Wholeheartedness - Busyness, Exhaustion and Healing the Divided Self by Chuck DeGroat.
6. If you are connected with a local church, consider inviting your pastor into this process with you. If you ARE a pastor, consider inviting a trusted pastoral colleague or two into this process with you.

91-150 : TREADING WATER

Comedian Jim Gaffigan describes his response to the question, "What's it like to have 5 children?" He responds, "Imagine you are drowning . . . and then someone throws you a baby."

Life can be so exhausting, especially if we take on more than we can manage. "Treading water" is what inevitably happens when we take on too much work and accumulate far too much debt. Our work commitments and the growing debt can keep us stuck. For now, your head may be above water but the exhaustion of treading water over time will eventually catch up with you.

Some of us are driven by debt to stay so mindnumbingly busy. Others may be avoiding some unattended areas of hurt or heartache. Your inner work will need to be focused on cultivating better margins and boundaries.

When you are treading water, you need sustainable relief. We highly recommend taking the following actions steps for anyone who scores in this range.

1. Take an inventory of your commitments in the following 12 categories;
 - (1) Maritally - Is there an area of my marital life that I am neglecting?
 - (2) Professional - How many hours per day/week am I working? Why?
 - (3) Financial - Do my monthly expenses exceed my current income?
 - (4) Emotional - Am I unnecessarily emotionally responsible for anyone?
 - (5) Spiritual - How do I relate to the area of sabbath and rest?
 - (6) Ministerial - Why am I serving in this/these current ministry role/s?
 - (7) Relational - Am I experiencing life giving or life draining friendship?
 - (8) Home - What are the areas of my home life that I most often neglect?
 - (9) Health - Is there an area of my physical health that I am avoiding?
 - (10) Fun - When was the last time I laughed and played?
 - (11) Grief & Loss - Is there some unattended heartache that is surfacing?
 - (12) Disress and Trauma - Am I having intrusive thoughts or flashbacks?

2. Schedule an appointment with a licensed professional counselor for further exploration of your relationship to any of the 12 areas listed above. <https://www.elbowtreeflorida.com/our-team.html>
3. Schedule an appointment with a trained Spiritual Director and plan on meeting with them monthly for the next year. <https://www.selfandsoul.care/soul-care-providers.html>
4. If you are looking for a proven and helpful resource for managing money and getting out of debt, we highly recommend Dave Ramsey's Financial Peace.
5. If your marriage is treading water, we recommend registering for a 3-5 Day Marriage Intensive which infuses months of marital work into one week. <https://www.elbowtreeflorida.com/hayne-steen.html>

151-190 : FLOATING

For folks who rate themselves in this "Floating" category, we would invite you to interrogate your life a little more.

- (1) We recommend inviting your spouse, adult children, and trusted colleagues/friends to take this assessment on your behalf. How you are feeling about yourself may or may not line up with how others are feeling about you. If you are truly floating, then you will not feel threatened to invite this kind of feedback. If inviting this feedback does feel threatening, it may be an indicator that you may have some more exploring to do.

Send the assessment to your trusted allies. Schedule a follow up time to sit down with each person (in person or online) and invite them to share their assessment responses openly and honestly with you. Having this kind of individual feedback will help you explore your blindspots and discover hidden areas where you may need to develop and grow. It will also invite those people around you to evaluate their own lives through this lens as well.

- (2) Receive the feedback with a spirit of curiosity and self compassion, not shame. Take some time to sit with the feedback and listen a little more deeply for what God is revealing to you about yourself.
- (3) Schedule an appointment with a counselor or spiritual director to explore what it might look like to sustain what you're experiencing in this place and examine other areas of your life where you may experience some inner (or outer) resistance. Is there an area of your life that you avoid exploring? Where do you experience any reactivity or defensiveness in yourself?

THANK YOU for taking the time to open yourself up to this kind of a vulnerable inventory, Email us at turnhere@elbowtreeflorida.com if we can help in any way!