



Spiritual Fitness Assessment



Instructions: The following statements describe how some individuals may think, feel, or act during and after the most stressful events in life. Please indicate how well each of these statements describes you during and after life's most stressful events.¹

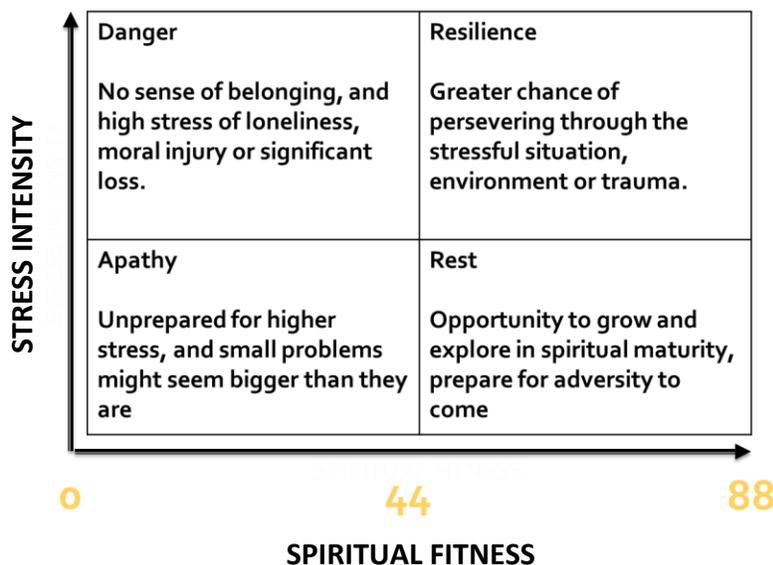
During and after life's most stressful events, I tend to...	Not At All Like Me.	Not Like Me	Neutral	Somewhat Like Me	Exactly Like me.
1. ...take action to fix things.	0	1	2	3	4
2. ...not give up trying to do what is necessary to carry on.	0	1	2	3	4
3. ...find a way do to what is necessary to carry on.	0	1	2	3	4
4. ...pray or meditate.	0	1	2	3	4
5. ...face my fears.	0	1	2	3	4
6. ...find opportunity for growth.	0	1	2	3	4
7. ...calm and comfort myself.	0	1	2	3	4
8. ...try to "recharge" myself before I have to face the next challenge.	0	1	2	3	4
9. ...see it as a challenge that will make me better.	0	1	2	3	4
10. ...look at the problem in a number of ways.	0	1	2	3	4
11. ...look for creative solutions to the problem.	0	1	2	3	4
12. ...put things in perspective and realize I have times of joy and time of sadness.	0	1	2	3	4
13. ...be good at determining what situations are changeable and which situations are not.	0	1	2	3	4

¹Johnson, Douglas C., et al. "Development and Initial Validation of the Response to Stressful Experiences Scale." *Military Medicine*, vol. 176, no. 2, 2011, pp. 161-169., doi:10.7205/milmed-d-10-00258



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14. ...find meaning from the experience.	0	1	2	3	4
15. ...find strength in the meaning, purpose, or mission of my life.	0	1	2	3	4
16. ...know I will bounce back.	0	1	2	3	4
17. ...expect that I can handle it.	0	1	2	3	4
18. ...learn important and useful life lessons.	0	1	2	3	4
19. ...understand that bad things can happen to anyone, not just me.	0	1	2	3	4
20. ...lean on my faith in God or a higher power.	0	1	2	3	4
21. ...draw upon lessons learned from failures or past mistakes.	0	1	2	3	4
22. ...practice ways to handle it better next time.	0	1	2	3	4
Totals					
Total Score					



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