Spiritual Fitness Matrix

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STRESS INTENSITY

Danger

No sense of belonging, and high stress of loneliness, moral injury or significant loss.

Resilience

Greater chance of persevering through the stressful situation, environment or trauma.

Apathy

Unprepared for higher stress, and small problems might seem bigger than they are

Rest

Opportunity to grow and explore in spiritual maturity, prepare for adversity to come

SPIRITUAL FITNESS

0 **44** **88**

Review