

Spiritual Life Inventory

Welcome to Veritas! We are blessed that you have reached out for help and support from us. Veritas counseling is a Christian counseling practice. This means that your therapist will be using a blend of research based therapeutic techniques while incorporating spiritual healing through teaching and practice of Christian living and faith. Our foundation is built on the belief that the power to heal the root of any pathology, dysfunction, or sin comes from God and this power is sought, received, and applied in daily obedient application of emotional, cognitive, behavioral, relational, and spiritual growth skills.

The following questions will assist you and your therapist to understand your past and current spiritual practices and future growth areas.

1. Did you attend church as a child? ___yes ___no
2. If yes, what denomination? How often and for how long?

3. Did your family or a member/s of your family talk about God/Jesus in your home growing up? If yes, who and what was that like?

4. Did your family of origin pray together or practice family devotions? ___yes ___no
5. If there were persons of faith in your family of origin, did their faith match their actions?
___yes ___no
6. If not, why? _____
7. Have you ever been hurt by a church, a person of faith, a pastor, priest, or leader? If yes, please explain.

8. Do you currently attend church? ___yes ___no, How often? _____
9. If yes, denomination and location?

10. Pastor's name _____
11. Do you want Veritas to contact your pastor? ___yes ___no
12. Have you accepted Jesus as your savior? ___yes ___no
13. If yes, when and how did this happen?

14. Have you been baptized? ___yes ___no

15. If yes, when, where? _____

16. If you have a spouse or partner are thy a believer and attend church with you? Why/Why not?

17. What do you believe your salvation or faith in Jesus does for you? Please explain.

18. What role does God play in your life?

19. Do you pray? How often? _____

20. Do you read the Bible? How often? Have a strategy?

21. Has being a Christian caused any changes in your life at any point in the past or present?

22. If you are a Christian or have faith, do you share your faith with others? Why/why not?

23. What role do you believe psychology and God play in healing, recovery, and personal growth?

Your counselor may want to incorporate Christian practices into sessions. Please check the practices that you approve of using in session:

___ prayer ___ scripture use ___ inner healing prayer ___ spiritual visualization

___ bible study ___ deliverance prayer ___ meditation ___ worship music

I hereby acknowledge and agree that the above checked practices may be used in the administration of my therapy sessions.

Client Signature _____ Date _____

You did it!! Thanks for answering all those questions. 😊