## Domains of Spirituality


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<th>DOMAINS</th>
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| **1 Spiritual Affiliation** | The formal religious or nonreligious spiritual groups with which the client closely identifies his/her orientation.                                                                                                                | ✓ Do you belong to any spiritual/religious group(s)?  
    ✓ What does membership in this group(s) signify to you?  
    ✓ Do you express your spirituality outside of participation in religious or spiritual support groups?                                                                 |
| **2 Spiritual Beliefs** | Perspectives and ideas related to existential issues, the divine, nature, meaning, or purpose in life.                                                                                                                         | ✓ What religious or spiritual beliefs give you comfort or hope? Describe.  
    ✓ What religious or spiritual beliefs upset you? Describe.  
    ✓ Do you believe in God, a Transcendent Power, or Sacred Source of meaning?  
    ✓ Describe your vision of who God or this Sacred or Higher Power is?  
    ✓ How would your beliefs influence your medical decisions if you became very ill? Would your beliefs interfere with or enhance your medical care in any way?  
    ✓ Do you believe in an afterlife? What does this mean for you now? |
| **3 Spiritual Behavior** | The spiritual practices or actions engaged in daily lives or special occasions such as prayer, meditation, or worship (including both private and public, and organizational and non-organizational) | ✓ What religious or spiritual behaviors do you engage in?  
    ✓ How often do you engage in these religious or spiritual behaviors?  
    ✓ Do you engage in these privately, with family, or spiritual groups?  
    ✓ What about these behaviors do you find nourishing or undermining? |
| **4 Emotional Qualities of Spirituality** | Feelings associated with spiritual beliefs and/or experiences/activities (both positive and negative).                                                                                                                        | ✓ Have you recently experienced an emotion such as anger, sadness, guilt, joy, love, or relief in the context of religious or spiritual experiences?  
    ✓ What significance, if any, did this have for you?  
    ✓ What feelings did you have in response (to a specific experience)? |
| **5 Values**            | Moral principles and ethical guidelines derived from spiritual beliefs.                                                                                                                                                    | ✓ What are the guiding moral principles and values in your life?  
    ✓ How do these principles guide the way you live? |
| **6 Spiritual Experiences** | Private or shared profound transcendent experiences shaping sacred meanings including both ordinary or altered states of consciousness.                                                                                     | ✓ Have you had any spiritual experiences that communicate special meaning to you? If so, please describe.  
    ✓ Do you experience a connection with spiritual forces such as God, angels, spirits, or deceased loved ones? |
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| 7 Spiritual History  | Developmental trajectory of spiritual beliefs, values, practices and experiences. Includes both gradual change and pivotal points involving crisis or life enhancement. | ✔ Were you raised in a spiritual or religious tradition? Do you now practice in the tradition in which you were raised? Describe early experiences and parental involvement.  
✔ In what decades of your life were you involved in spiritual practices? Would you rate your involvement as low, medium, or high for each? Were there any change points?  
✔ What events in your life were especially significant in shaping your spirituality?  
✔ Who encouraged your spiritual or religious practices?  
✔ Describe any spiritual breakthroughs that are relevant to you now. |
| 8 Therapeutic Change Factors | Unique spiritually-focused individual strengths and environmental resources available for healing, growth and improvement of well-being. | ✔ What might be an object or image that symbolizes/represents your spiritual strengths?  
✔ Could you tell me a story how it helped you to cope with difficulties in the recent past?  
✔ How do you see that this particular spiritual strength may help your current problems?  
✔ What spiritually-based strategies, rituals, or actions have helped you to cope with times of difficulty or to experience healing or growth? |
| 9 Social Support     | Assistance and support offered by other individuals and groups that promotes client coping and spiritual well-being. | ✔ When you have religious/spiritual concerns and problems, who do you talk to?  
✔ In the past, what types of supports have you received from these people that you have just described? |
| 10 Spiritual Well-Being | Client’s subjective sense of happiness and satisfaction related to his/her spirituality. | ✔ How worthwhile do you find living your current life? Can you tell me more about it? How does this relate to your spirituality?  
✔ How does your spirituality help you to find meaning in your life?  
✔ How strongly do you feel connected to God/higher Power/Spiritual/Universe? |
| 11 Extrinsic/Intrinsic Spiritual Focus | Extrinsic focus: client’s spiritual identity and orientation tied to a certain group membership and conformity; Intrinsic focus: client’s spiritual identity and orientation that may or may not be tied to a group membership, but is more flexible and relatively self-determined | ✔ Do you find the teachings and values of your spiritual groups similar or different from your own? Please explain.  
✔ How integrated are your spiritual practices with your daily life apart from spiritual group participation? |