


# Spiritual Health Test


## Current spiritual EKG – Emotional Kingdom Guide

Emotionally Tapped  Healthy


- 1) Am I physically exhausted or energetic and in shape?

*Exhausted*  *Energetic*  
0 1 2 3 4 5

- 2) Am I discouraged and pessimistic or am I encouraged and optimistic?

*Discouraged*  *Encouraged*  
0 1 2 3 4 5

- 3) Am I bored and disconnected or am I challenged and contented?

*Disconnected*  *Contented*  
0 1 2 3 4 5


- 4) Am I spiritually dry and empty or am I refreshed and spiritually growing?

*Empty*  *Growing*  
0 1 2 3 4 5


- 5) Am I lonely and distant or do I feel loved and close to others?

*Distant*  *Close*  
0 1 2 3 4 5

- 6) Am I insecure and unsure or am I feeling confident and secure?

*Unsure*  *Secure*  
0 1 2 3 4 5

- 7) Am I feeling deeply wounded and hurt or do I feel understood and valued?

*Hurt*  *Valued*  
0 1 2 3 4 5

**Turn page over**

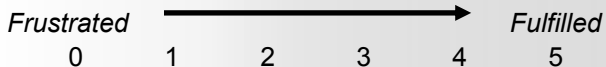
8) Am I holding on to unforgiveness or have I forgiven everybody?



9) Am I feeling sad or grieving a loss or am I feeling happy?



10) Am I feeling frustrated or am I feeling fulfilled or productive?



Add the numbers up: \_\_\_\_\_

**Low scores make you more vulnerable to temptation.**

**If your total is 40-50:**

You are in a great emotional state.

**If your total is 25-39:**

You are very vulnerable to temptation.

**If your total is 10-24:**

You are in extreme danger or already in temptation's grip.

**If your total is less than 10:**

Fill out a prayer request and a member of our Care Team will follow up with you.