

## What is your Spirituality Type?

For each pair of statements in the left and right hand columns, circle the ONE in each pair that best fits your preferences. Think in terms of what appeals to you the most. (If you try to circle both, the scoring won't work).

### PART A

- |   |   |
|---|---|
| <input type="radio"/> Pictures, symbols and metaphors help me understand God.           | <input type="radio"/> God is unfathomable and can only be known in silent and inexpressible love.   |
| <input type="radio"/> I prefer to think of God as revealed and knowable.                | <input type="radio"/> I prefer to think of God as hidden in mystery.                                |
| <input type="radio"/> I prefer to focus on God's closeness to us.                       | <input type="radio"/> I prefer to focus on God's holiness (God's radical difference from us).       |
| <input type="radio"/> The gospel requires me to use my intellect in an affirmative way. | <input type="radio"/> The gospel invites me to experience God in a mysterious relationship of love. |
| <input type="radio"/> Meditation on God's Word leads me to illumination of God's will.  | <input type="radio"/> Contemplation of God's being leads me to union with God.                      |

### PART B

- |   |  |
|---|--|
| <input type="radio"/> Seeing God in the ordinary. | <input type="radio"/> Seeking the extraordinary to experience God. |
| <input type="radio"/> Letting go.                 | <input type="radio"/> Taking charge.                               |
| <input type="radio"/> Spending time with God.     | <input type="radio"/> Doing things for God.                        |
| <input type="radio"/> Floating                    | <input type="radio"/> Swimming                                     |
| <input type="radio"/> Detachment from the world   | <input type="radio"/> Attachment to God                            |
| <input type="radio"/> Seeking the God of comfort  | <input type="radio"/> Seeking the comfort of God                   |

### PART C

- |  |  |
|--|--|
| <input type="radio"/> The church really needs better sermons and study groups. | <input type="radio"/> The church really needs more experiential worship and relational groups. |
| <input type="radio"/> I like thinking about God and theology.                  | <input type="radio"/> I enjoy feeling the presence and caring of God.                          |
| <input type="radio"/> Illumination of mind is central to spirituality.         | <input type="radio"/> Illumination of heart is central to spirituality.                        |
| <input type="radio"/> I value truth.   | <input type="radio"/> I value feelings.  |
| <input type="radio"/> God has a good path into my life through my will.        | <input type="radio"/> God has a good path into my life through my intuition.                   |

### PART D

- |   |   |
|---|---|
| <input type="radio"/> I experience true transformation when God touches my heart. | <input type="radio"/> I experience true transformation when I understand things in a new way. |
| <input type="radio"/> Devoted   | <input type="radio"/> Determined  |
| <input type="radio"/> Touching  | <input type="radio"/> Convincing  |
| <input type="radio"/> My heart rules my head.                                     | <input type="radio"/> My head rules my heart.   |
| <input type="radio"/> Compassion  | <input type="radio"/> Foresight   |
| <input type="radio"/> I try to be a person of genuine feeling.                    | <input type="radio"/> I try to be a consistently reasonable person.                           |

# Scoring

(These directions are slightly tedious. Take your time and read carefully. **Don't** do anything the directions don't tell you to do.)

Add the number of times you circled items in the left and right hand columns of each section.

Number of phrases circled in **left** column of Section A \_\_\_\_\_  
Number of phrases circled in **right** column of Section B + \_\_\_\_\_  
**First Total** \_\_\_\_\_

Number of phrases circled in **right** column of Section A \_\_\_\_\_  
Number of phrases circled in **left** column of Section B + \_\_\_\_\_  
**Second Total** \_\_\_\_\_

(The sum of your two totals should be 11)

If your first total is 6, write R1 as your score below  
If your first total is 7 or 8, write R2 as your score  
If your first total is 9 or 10, write R3 as your score  
If your second total is 6, write M1 as your score below  
If your second total is 7 or 8, write M2 as your score  
If your second total is 9 or 10, write M3 as your score  
(Ignore totals lower than 6!)

**R/M Score** \_\_\_\_\_

Number of phrases circled in **left** column of Section C \_\_\_\_\_  
Number of phrases circled in **right** column of Section D + \_\_\_\_\_  
**Third Total** \_\_\_\_\_

Number of phrases circled in **right** column of Section C \_\_\_\_\_  
Number of phrases circled in **left** column of Section D + \_\_\_\_\_  
**Fourth Total** \_\_\_\_\_

*The sum of your two  
totals should be 11*

If your third total is 6, write I1 as your score below  
If your third total is 7 or 8, write I2 as your score  
If your third total is 9 or 10, write I3 as your score  
If your fourth total is 6, write A1 as your score below  
If your fourth total is 7 or 8, write A2 as your score  
If your fourth total is 9 or 10, write A3 as your score  
(Again, ignore totals lower than 6!)

**I/A Score** \_\_\_\_\_

Please plot your I/A score on the grid, then plot the intersection between your R/M and I/A scores.  
This will (very scientifically) indicate your spirituality preference quadrant.

## Spirituality Preference Quadrants

