

Exploration Worksheet

INTRODUCTION

Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life. Galations 6:4-5
Abbalongtoyou Worship Music: You may want to have this Spontaneous worship music playing while you take your tests. I listened to this music the whole time I was creating this website. Sometimes, I was compelled to stop, raise my hands or stand and worship the king because his presence was so thick, amazing, majesticI am in Awe of Him, and how amazingly he created every one of us.
DIG DEEP , underneath the icy layers you will find space to breathe
Ice Video
Ice Caves Video
they have "blind spots." For those who are mostly opposite, "you can see all of the sides." This was encouraging, but it is also challenging for us to communicate.

PERSONALITY TEST
Your Briggs Meyer-Jung Typology Personality Type:
Did this test validate what you thought about yourself?
Did you learn anything about yourself?
Has it helped you to understand others in your life are different from you and it is okay?
MANAGING AND VALIDATING EMOTIONS
Underwater Caves Video
Emotions are God-given. We are not robots to be stuck on "Smiley" icon all day long – that is

Emotions are God-given. We are not robots to be stuck on "Smiley" icon all day long – that is NOT the goal. Joyce Meyer has much to say about managing emotions on her Enjoying Everyday Life TV program. Our aim is to manage our abuses, losses and emotions with maturity. Then we can help others. When we help others through what we have been through we will receive our full healing (Isaiah 58)

In social work we talk a lot about grief and loss. If you don't move through the stages you can become stuck. If you become stuck your behaviors may hurt other people. Foster parents are asked to help children who are abused and neglected. If a foster parent was physically abused, we want to make sure a child who was physically abused does not "trigger" the foster parents' emotions, in a way in which they would lash out at the child and cause more harm. Therefore, it is imperative the parent has resolved their grief and emotion around the abuse. When a person has resolved and has healing in this area, they are more understanding, empathetic and can help the abused child overcome.

Authentic Happiness Questionnaire
Authentic Happiness score:
(Gives you an idea of how happy you are in relation to others.)
Do you spend most of your time on things important to you?
Where do you spend most of your time?
where do you spend most of your time:
Is there something you would like to work on and need to make time for?
What can you cut to spend more time on the meaningful things in your life?

The Stress Test			
What is your	Stress Test Score:		
	o you understand the level of stress you are experiencing at in writing your loss inventory.	any time. This test	
Print this out	for the next step.		
Loss History/In	ventory		
every move, new loved ones, finar Looking at my lo few, went to co- impact your well	See what losses you have gone through. When I did a Loss of school, death of pet, divorce, loss of friendships, meaningforces, morality etc. anything precious and significant to you shapes validated my experiences. I pondered them for several unseling over others, and talked to the Lord along the way. being, physically, emotionally and spiritually. Test Printout to help guide you.	ul jewelry, death of nould be listed. days, cried about a	
Mo/Yr of Loss	Loss/Grief/Major Stressor	Resolved Y/N	

Grief Quiz and Stage of Grief Quiz
Helps you understand if you are still grieving your loss. This quiz is specifically for a person who has passed. But you can use it as a guide for whatever area above that you may still be grieving. From the Loss Inventory Above, what loss has not been resolved?
Grief Quiz: After taking the quiz, what was your score?
Are you in complicated grief? Yes No
Stage of Grief Quiz: What stage of Grief are you experiencing?
Denial Anger Depression Bargaining Acceptance None at this time
The classic 5 stages of Grief are Denial, Anger, Depression, Bargaining and Acceptance. Depending on the type of grief you will move in and out of each stage. Allow yourself to cry. There is so much to our tears, they actually release toxins within our bodies built up by grief. If you need to cry, then cry!
Anger Assessment
Anger Assessment What is your Anger Assessment score?
What is your Anger Assessment score? 0–6 YOUR ANGER IS HANDLING YOU 7–18 YOU ARE DOING WELL, BUT CAN IMPROVE
What is your Anger Assessment score? O-6 YOUR ANGER IS HANDLING YOU 7-18 YOU ARE DOING WELL, BUT CAN IMPROVE 19-24 YOU KNOW HOW TO HANDLE ANGER Download the pamphlet for practical ways to handle the powerful emotion of anger in a
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Forgiveness Teaching – Joyce Meyer
Forgiveness Teaching Session #1
Forgiveness Teaching Session #2
Freedom through Forgiveness
Is there anyone you need to forgive? Yes No If yes, who:
Printout Forgiveness Sheet
Using your Loss Inventory Pray through each person who has hurt you
Break Bondages
ENNEAGRAM
Lit Cave Video
What is your Enneagram Dominant Personality?
What are your wings : 1 2
STRENGTH FINDER
What are you top five strengths:
1.
2.
3.
4.
5.

Love Languages		
Love Languages Test Scores:		
Words of Affirmation		
Acts of Service		
Receiving Gifts		
Quality Time		
Physical Touch		
FIIYSICAI TOUCII		
L		
Spiritual Gifts Inventory	1	
Spiritual Inventory Gifts Scores	:	
1. Administration	9. Healing	18. Missionary
2. Apostle	10. Helps	19. Prophecy
3. Discerning of Spirits	11. Hospitality	20. Service
4. Evangelism	12. Intercession	21. Shepherd
5. Ekballism	13.Interpret Tongues	22. Teaching
6. Exhortation	14. Knowledge	23. Tongues
7. Faith	15. Mercy	24. Voluntary Poverty
8. Giving	16. Leadership	25. Wisdom
	17. Miracles	
Sacred Pathways		
How you best experience the L	ord	
1. Naturalist	4. Ascetics	7. Enthusiast
2. Sensate	5. Activist	8. Contemplative
3. Traditionalist	6. Caregiver	9. Intellectual.
Jo. Traditionalist	o. Caregiver	

Destiny Finder
What is your spiritual orientation:
SPIRITUAL & DEVELOPMENTAL MATURITY
Erik Erickson
Watch Video
What is your natural age?
Based on the website Charts, what stage are you in?
How many years have you been a committed Christian?

Based on the website Chart Below, what stage are you in? _____

Are you developmentally and spiritually on track?

How can the Lord or someone in your life fulfill that lack?

Is there something you are lacking now?

Maslow's H	Maslow's Hierarchy of Needs				
Watch the v	video				
What levels of	needs are being	met or lacking i	າ your life?		
1. Physica Met []	l Lack				
2. Safety Met	Lack				
3. Social Met	Lack				
4. Esteem Met []	Lack				
5. Self-Act	tualization Lack				
It is difficult to	mature and adva	ance when you b	asic level 1 and	2 needs are not I	peing met.
Levels of Co	ommunicatio	on			
What was your	r communication	score?	-		
Do you need to	o work on anythi	ng?			
Based on the 5 Levels of Communication information. We communicate at different levels with different people. We should have at least one person in our life we can have Level 5 communication. Put a check mark in the box which best describes your communication trust level with each.					
Person	Small Talk	Factual Conversation	Ideas & Opinions	Feelings & Emotions	Deep Insight
Spouse		Conversation	Оринонз	Linotions	
Best Friend					
Friend					
Child					
Neighbor					
God					

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