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**Exploration Worksheet**

**INTRODUCTION**

**How many sports did you see in this video? \_\_\_\_\_\_\_\_**

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, majestic…I 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.

**[ ] Your Briggs Meyer-Jung Typology Personality Type: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PERSONALITY TEST**

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 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?

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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

This test will help you **understand the level of stress you are experiencing** at any time. This test will also aid you in writing your loss inventory.

**[ ] Print this out for the next step**.

**Loss History/Inventory**

**Loss Inventory:** See what losses you have gone through.  When I did a Loss History, I included every move, new school, death of pet, divorce, loss of friendships, meaningful jewelry, death of loved ones, finances, morality etc. anything precious and significant to you should be listed.

Looking at my losses validated my experiences. I pondered them for several days, cried about a few, went to counseling over others, and talked to the Lord along the way.  Loss and grief will impact your well-being, physically, emotionally and spiritually.

**Use your Stress Test Printout to help guide you.**

|  |  |  |
| --- | --- | --- |
| **Mo/Yr of Loss** | **Loss/Grief/Major Stressor** | **Resolved Y/N** |
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**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**

**What is your Anger Assessment score?**

[ ]  0–6 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 healthy way.

**Forgiveness Quiz**

**Based on the Quiz where are you on the scale?**

Less Forgiving [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]  More Forgiving

**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

**Spiritual Gifts Inventory**

**Spiritual Inventory Gifts Scores:**

[ ] 1. Administration

[ ] 2. Apostle

[ ] 3. Discerning of Spirits

[ ] 4. Evangelism

[ ] 5. Ekballism

[ ] 6. Exhortation

[ ] 7. Faith

[ ] 8. Giving

[ ] 9. Healing

[ ] 10. Helps

[ ] 11. Hospitality

[ ] 12. Intercession

[ ] 13.Interpret Tongues

[ ] 14. Knowledge

[ ] 15. Mercy

[ ] 16. Leadership

[ ] 17. Miracles

[ ] 18. Missionary

[ ] 19. Prophecy

[ ] 20. Service

[ ] 21. Shepherd

[ ] 22. Teaching

[ ] 23. Tongues

[ ] 24. Voluntary Poverty

[ ] 25. Wisdom

**Sacred Pathways**

**How you best experience the Lord**

[ ] 1. Naturalist

[ ] 2. Sensate

[ ] 3. Traditionalist

[ ] 4. Ascetics

[ ] 5. Activist

[ ] 6. Caregiver

[ ] 7. Enthusiast

[ ] 8. Contemplative

[ ] 9. Intellectual.

**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?

Is there something you are lacking now?

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

**Maslow’s Hierarchy of Needs**

[ ] Watch the video

What levels of needs are being met or lacking in your life?

1. Physical

Met [ ] [ ] [ ] [ ] [ ] Lack

1. Safety

Met [ ] [ ] [ ] [ ] [ ] Lack

1. Social

Met [ ] [ ] [ ] [ ] [ ] Lack

1. Esteem

Met [ ] [ ] [ ] [ ] [ ] Lack

1. Self-Actualization

Met [ ] [ ] [ ] [ ] [ ] Lack

It is difficult to mature and advance when you basic level 1 and 2 needs are not being met.

**Levels of Communication**

What was your communication score?\_\_\_\_\_\_\_\_

Do you need to work on anything?

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 |  |  |  |  |  |
| Best Friend |  |  |  |  |  |
| Friend |  |  |  |  |  |
| Child |  |  |  |  |  |
| Neighbor |  |  |  |  |  |
| God |  |  |  |  |  |
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