

UNHINDERED ASSESSMENT

PRAYER & STUDY

On a scale of 1-5 (1=very good) how would you rate the following...

- | | | | | | |
|---|----------|----------|----------|----------|----------|
| 1. Your spiritual life over the last month? | 1 | 2 | 3 | 4 | 5 |
| 2. The past year? | 1 | 2 | 3 | 4 | 5 |
| 3. How connected do you feel to your faith? | 1 | 2 | 3 | 4 | 5 |
| 4. God? | 1 | 2 | 3 | 4 | 5 |
| 5. your church community? | 1 | 2 | 3 | 4 | 5 |

How much time do you spend time daily/weekly in prayer? _____ ☐ I Don't

How do you typically practice prayer? _____

How much time do you spend time daily/weekly reading scripture? _____ ☐ I Don't

How would you describe your level of discipleship? (Circle all that apply.)

1. I go to church
2. I actively try to incorporate my faith into my life
3. My faith is the center of who I am
4. Not sure
5. My faith is not particularly strong at this time

On a scale of 1-5 (1=very good) how would you rate the following...

- | | | | | | |
|--|----------|----------|----------|----------|----------|
| 1. I have a solid understanding of the Christian faith | 1 | 2 | 3 | 4 | 5 |
| 2. I have a good working knowledge of the Bible | 1 | 2 | 3 | 4 | 5 |
| 3. I am comfortable talking about my faith with others | 1 | 2 | 3 | 4 | 5 |
| 4. I consider myself an active Christian | 1 | 2 | 3 | 4 | 5 |
| 5. I put significant time and energy into my relationship with Jesus | 1 | 2 | 3 | 4 | 5 |

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How much personal time do you spend daily...

1. Phone _____ (Hours)
2. Computer _____ (Hours)
3. Social Media _____ (Hours)
4. Entertainment _____ (Hours)

Are you more or less involved than the past with... (Circle)

- | | | | |
|--------------------|-------------|-------------|-------------|
| 1. Church | MORE | SAME | LESS |
| 2. Worship | MORE | SAME | LESS |
| 3. Personal Prayer | MORE | SAME | LESS |
| 4. Bible study | MORE | SAME | LESS |

What has changed?

UNHINDERED ASSESSMENT

GRATITUDE & GENEROSITY

On a scale of 1-5 (1=very much) how would you rate the following...

1. I am typically optimistic. **1 2 3 4 5**

2. I catch myself worrying often. **1 2 3 4 5**

3. I am very good at expressing thanks and gratitude. **1 2 3 4 5**

4. I tend to be a generous giver and tipper. **1 2 3 4 5**

5. I am concerned about money often. **1 2 3 4 5**

6. I prefer to expect less and be surprised rather than get my hopes up. **1 2 3 4 5**

Do you volunteer regularly? ☐ I Do | ☐ I Don't

Do you feel the need to get credit or recognition when helping, giving, or volunteering?

☐ I Do | ☐ I Don't

Do you feel that people you have helped "owe" you something in return? ☐ I Do | ☐ I Don't

Do you keep track? ☐ I Do | ☐ I Don't

What percentage of income do you donate/give to church and charities? _____

Do you tend to hold people's faults against them or remember their mistakes? ☐ I Do | ☐ I Don't

Do you tend to fixate on your own faults and mistakes? ☐ I Do | ☐ I Don't

UNHINDERED ASSESSMENT

ATTITUDE & DEMEANOR

On a scale of 1-5 (1=very much) how would you rate the following...

1. I am a patient person. **1 2 3 4 5**
2. I insist on doing things my way. **1 2 3 4 5**
3. I get restless or bored quickly. **1 2 3 4 5**
4. I am generally a happy person. **1 2 3 4 5**
5. I avoid conflict at all costs **1 2 3 4 5**
6. I often think I know more than others. **1 2 3 4 5**
7. I am likely to pass along gossip that I hear. **1 2 3 4 5**
8. I tend to assume I am right and others are wrong. **1 2 3 4 5**

When things are not going your way, how often do you get angry or give into your temper?

☐ Often | ☐ Rarely

How often do you take the time to slow down, reflect, and discern the best path forward?

☐ Often | ☐ Rarely

Do you consider yourself a humble person? ☐ Yes | ☐ No

How often do you find yourself being critical of others? ☐ Often | ☐ Rarely

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ATTITUDE & DEMEANOR

- I'm usually very confident in my opinions. ☐ Yes | ☐ No
- I get in arguments with others frequently. ☐ Yes | ☐ No
- I am a perfectionist. ☐ Yes | ☐ No
- I struggle to be content. ☐ Yes | ☐ No
- I avoid using foul or rough language. ☐ Yes | ☐ No

I think those who know me well would say that I am... (Circle all that apply.)

Honest

Joyful

Kind

Softspoken

Stubborn

Arrogant

UNHINDERED ASSESSMENT

RELATIONSHIPS & COMMUNITY

On a scale of 1-5 (1=great) please rate your current relationship with the following...

1. Parents	1	2	3	4	5
2. Spouse/Significant Other	1	2	3	4	5
3. Children	1	2	3	4	5
4. Co-Workers	1	2	3	4	5
5. Friends/Others	1	2	3	4	5

Have you experienced significant conflict/stress in past relationships? ☐ Yes | ☐ No

With whom? _____

Are you active in community groups or organizations? ☐ Yes | ☐ No

What do you look for in a church? _____

Is there a specific cause of tension or conflict in one or more of your relationships? ☐ Yes | ☐ No

What is it? _____

How often are you honest in sharing feelings, frustrations, opinions, etc. with others?

☐ Often | ☐ Rarely

Is there a common theme among relationships that have faded or ended? ☐ Yes | ☐ No

What is it? _____

Do you feel you get taken advantage of often? ☐ Often | ☐ Rarely

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RELATIONSHIPS & COMMUNITY

What are the biggest relationship mistakes you have made in your past?

Do you think you tend to use people? ☐ Yes | ☐ No

Be used by people? ☐ Yes | ☐ No

Have you left a church or other organization? ☐ Yes | ☐ No

How often?

Why?

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FORGIVENESS & GRACE

On a scale of 1-5 (1=strong yes) do you feel that you have unresolved issues regarding...

- | | | | | | |
|----------------------------------|----------|----------|----------|----------|----------|
| 1. Grief/Loss | 1 | 2 | 3 | 4 | 5 |
| 2. Childhood Trauma/Issues | 1 | 2 | 3 | 4 | 5 |
| 3. Past Sin or Struggles | 1 | 2 | 3 | 4 | 5 |
| 4. Failed/Strained Relationships | 1 | 2 | 3 | 4 | 5 |
| 5. Bad Memories | 1 | 2 | 3 | 4 | 5 |
| 6. Betrayal or Abuse | 1 | 2 | 3 | 4 | 5 |

Do you carry any grudges against specific people? ☐ Often | ☐ Rarely

Are there people who have wronged you that you have not forgiven? ☐ Yes | ☐ No

With whom? _____

Why? _____

Is there anyone you feel you owe an apology? ☐ Yes | ☐ No

Who? _____

Do you tend to hold people's faults against them? ☐ Often | ☐ Rarely

Do you struggle to forgive yourself for anything? ☐ Yes | ☐ No

Are you quick to judge others? ☐ Often | ☐ Rarely

Is there anyone you refuse to speak to or plan never to speak to again? ☐ Yes | ☐ No

What burden would feel best to let go of in your life? _____

UNHINDERED ASSESSMENT

REPENTANCE & CONFESSION

On a scale of 1-5 (1=strong yes) have you struggled in the past or present with...

- | | | | | | |
|----------------------------------|---|---|---|---|---|
| 1. Alcohol / Drugs | 1 | 2 | 3 | 4 | 5 |
| 2. Anger | 1 | 2 | 3 | 4 | 5 |
| 3. Pornography | 1 | 2 | 3 | 4 | 5 |
| 4. Gambling | 1 | 2 | 3 | 4 | 5 |
| 5. Dishonesty | 1 | 2 | 3 | 4 | 5 |
| 6. Conflict with others | 1 | 2 | 3 | 4 | 5 |
| 7. Gambling/ shopping / spending | 1 | 2 | 3 | 4 | 5 |
| 8. Depression, sadness, despair | 1 | 2 | 3 | 4 | 5 |

In the recent past (1-2 weeks) have you...

1. Hidden alcohol use or drank heavily ☐ Yes | ☐ No
2. Used illegal drugs ☐ Yes | ☐ No
3. Viewed pornography ☐ Yes | ☐ No
4. Lied to spouse or family member ☐ Yes | ☐ No
5. Pursued or fantasized about an inappropriate relationship ☐ Yes | ☐ No
6. Stolen something ☐ Yes | ☐ No

What is the sin you feel you struggle with the most often? _____

What effect does it have on you and others?
