

Human & Spiritual Integration Self-Inventory

Chosen	Do I lack a sense of belonging?
	Do I feel insecure or self-conscious?
	Do I feel or am I told I lack self-awareness?
	Am I frequently at odds with others?
Known	Do I have prejudices or judgment in my heart towards other individuals or groups of people?
	Do I feel forgotten, abandoned, or rejected by God when things don't turn out as I wish?
	Do I find myself being self-critical and unforgiving toward myself?
	Do I find it difficult to pay attention to others? Am I easily annoyed by others?
Valued	Do I struggle with scrupulosity?
	Do I find myself focusing on the externals in spirituality and religion?
	Do I focus on the letter of the law rather than the spirit of the law?
	Am I preoccupied with my own looks, image, success, etc.?
Boundaries	Do I find myself needing expressions of gratitude and/or affirmation from others and the lack of such robs my peace?
	Am I saddened at the success of others and see others as competition?
	Do I find it difficult to share the spotlight or credit with others?
	Do I experience morality and prayer primarily as what God wants from me more than what He has for me, as gift?
Openness	Do I struggle with perfectionism, negative self-talk, am self-critical, or overextend myself and have difficulty resting or relaxing?
	Do I struggle to set boundaries or to respect the boundaries of others?
	Do I find the need to control others?
	Do I experience boundaries from others as rejection or am I angered by them?
Openness	Do I struggle to pray from my heart with authenticity and honesty?
	Do I avoid self-reflection?
	Do I fear my weaknesses being seen by others?