

# Spiritual Assessment Detail Page – “BEHIND”

*This Page Not Intended to Stand Alone – See Main S.H.I.P. Page For Overview*

**About the Methodology:** This process is offered in the conviction that a holistic approach – one that considers the whole person and life setting – will capture important clues to wellness and wholeness that are helpful to the healing professional. The S.H.I.P. areas of inquiry can be thought of in three pairings: in/on/around, above/beneath, and behind/before. These pairings are easy to remember: simply consider the space around your own body. First, the space spiraling out from within you to on you and then around you. Then, a line that stretches from behind you and continues on to the horizon in front of you. Finally, a line stretching from the stars above you down to your roots beneath your feet. The seven prepositions we use – *in ~ on ~ around // above ~ below // behind ~ before* – relate to the following life areas: mind-body wellness, external role, connectedness // spirituality, roots // self-narrative, and outlook. This page focuses on one of seven assessment areas: BEHIND. This refers to the way in which the subject considers the personal past, or life story, and whether it is accepted and seen clearly, warts and all. The meaning that is drawn from the personal narrative. Its tone.

### – AREA DETAIL PAGE: BEHIND –

ASSESSMENT AREA	IDEAL	TOO LITTLE (!)	TOO MUCH (!)
<b>BEHIND</b> Life history. Perception of personal past (life story).	Reasonably well-developed, honest, and useful self-narrative (life-story) that is flexible and open to adaptation. The ability to find meaning from experienced events.	Rejection and/or suppression of past. Unwilling to examine and learn from past history.	Too focused on the past, either in a nostalgic way (living in the past) or in unforgiveness. Inability to let-go of the past.

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### Questions inquiring about personal history

- I'd be interested to hear about your life. Can you share some of that with me?
- What can you tell me about your parents (your early childhood, etc.).





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- What do you remember about your earliest years?
- What was important to you, growing up?

### **Kinesthetic Exercises (Dance or Drama Therapy)**

- Express (in dance or drama) your life story
- Express (in dance or drama) one important moment in your life. Why did you choose this moment, over all others?

### **Other Notes for the Practitioner**

Consider the life story as perceived by the subject. Is the person willing to examine their past and move forward in a healthy way? Are they deluded or stuck in the past, whether wallowing in negativity and an inability to forgive self or others, or are their eyes veiled to the present because a nostalgic glow that dims their current experience? In the center, there is a reasonably well-developed, acceptable, useful, self-narrative which is flexible and adaptable, and open to additions as life continues to unfold.

