

HW420

Unit 9 Final Assignment

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It can be difficult to connect on a spiritual level with globalization and further open-mindedness because we do not know how others believe, so it is always important to be respectful. For healthcare providers, understanding the patients level of spirituality is important going forward in treatment ("Spiritual Assessment - American Family Physician," n.d.). Spiritual assessment is a useful practice to inspire change in others without telling them how to live their lives. The same set of questions can be asked to the same individual at many different stages in their lives, which would show us how we can change, how our minds can grow and deepen our understanding towards others ("Taking A Spiritual Inventory," n.d.). In order to evaluate a person's current spiritual states, I have created a questionnaire which reasons why they are important.

1. What is spirituality to you? This question is important to understand what the patient understands about spirituality. Many people do not know what it means, while others have vague assumptions of what spirituality actually is.
2. How you decompress after a long day? This question allows the provider to understand how the patient likes to relax. It can also show a person's mental state and anger levels.
3. What are your spiritual goals? This questions helps identify how much spirituality a person is willing to accept into their lives. For many spirituality is not taken serious, much like many not practicing a religion.
4. Do you practice any spiritual activities and how do they make you feel? Knowing if the patient already practices soul calming activities and how they make the person feel in

important for further care. Many times yoga and meditation are huge positive activities in helping a person achieve peace.

5. *What are your core values?* This question helps us understand how the person really feels about themselves. How they carry themselves. Understanding how values are important to them personally helps us understand if love is more important than humor in their lives.
6. *How do you deal with negative emotions?* This question informs us of how the person reacts when times get rough. Those who suffer from anger need more spiritual guidance than those who are more organized in their minds.
7. *Do you believe in mystical moments?* Many people believe in miracles and divine interventions. As a healer, knowing the patient has hope many times encourages everybody around to have hope as well, even if the outcome does not look so well.
8. *Do you love yourself?* Although many people are quick to answer yes to this question, the majority of those people are lying to themselves. When asking this question I believe, it is not the answer in words that is to be believed but the reaction accompanied by the answer that can really tell us if the person actually loves themselves.
9. *What gives your life meaning?* In getting to know our patients, we must also know what are the things they get out of bed for every day. What drives them to keep on going? This question is excellent for encourage a person to continue on the right path because of those things that provide a meaningful life.

10. How does this survey affect your thoughts on spirituality? Being asked questions on personal beliefs often stirs up emotions they didn't know they had. It gets the person thinking about what they really want. After answer these questions a person may be more interested in leading a more meaningful life, while others may feel it was a waste of time.

I decided to interview my wife, Ashley, has been in the United States Marine Corps now for 12 years. She is probably one of the most mentally and physically tough people I have ever met, having served our country and going on deployments over this time. I know that Ashley is finding her way back to her faith, we have just recently started attending church again, although being raised Catholic in Texas. She has many times said that because of the things he has seen during war and how the world seems to be becoming a much crueler world, I thought she would be an interesting case on spiritual beliefs since I've never really discussed that with her.

1. What is spirituality to you? To Ashley, spirituality is what a person believes in. An inner guide system the keeps you morally correct. Ashley says he doesn't believe in any type of religion and although there were times she prayed during certain times but believes that pure luck and training is what got her out of the worst situations.

2. How you decompress after a long day? Ashley says he likes to keep a routine during the day so that eliminates added stressors. She likes to work out in the morning or during her lunch hour, depending on her time.

What are your spiritual goals? *Right now she does not have any. She wants to continue going to church and see where this leads her.*

What are your core values? Leadership is a very important core value to Ashley. Her strong work ethic as a leader in the military for so many years has carried over into her civilian life making her want to share her knowledge with others about her experiences. She believes strong work ethics are values that help you achieve success.

1. Do you practice any spiritual activities and how do they make you feel? Ashley does not practice an. I have tried multiple times to get her to do yoga with me but she is not a fan.
2. How do you deal with negative emotions? Not very well. When Ashley is overwhelmed, she tends to shut down and instead of talking it through, she bottles it in which then can sometimes cause her emotions to explode.
3. Do you believe in mystical moments? No. As mentioned before, Dustin does not believe in a higher power or any type of miracles or mystical moments. He says he cannot remember exactly when he stopped believing in God, but that he does not miss it. He believes you create your own luck and that maybe it is an old Army belief.
4. Do you love yourself? *Ashley absolutely loves herself. The military has given her the strength to have a strong self confidence and I truly admire that.*
5. What gives your life meaning? Without hesitation, Ashley said her family is what keep her drive going. She wants to provide for her family and set examples for her kids. She also works hard every day to continue to contribute to those who serve our nation. First

responders, military, law enforcement officers drive her passion every day to continue her path.

6. How does this survey affect your thoughts on spirituality? Ashley says this survey does not change her view on anything. She says that she did enjoy to interview for different reasons. It gave her time to think about some things and time to reflect on her beliefs. She says since going to church, there have been some different questions that have popped into her head and she now knows there are somethings that she needs clarification on when it comes to her faith and spirituality. *After interviewing my wife, I was a bit surprised and happy I chose her. Her and I share two completely spiritual views but we still get along and understand each other. For this reason, I believe this information is important for a practitioner. Many patients would believe a greater being would heal their conditions, while others like my wife would let modern medicine take over. Knowing this information help set up a plan for treatment.*

Reviewing my survey, I would like to make professional changes as my professional language continues to develop. I feel like it was a comprehensive test because I was always able to learn more about my wife tonight, even after 5 years of marriage and ten years of being together, which I didn't know. Asking a complete stranger these same questions would tell a lot about them just by the stories they tell with their given answers.

References

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