

Spiritual Assessment

1. What role, would you say, spirituality plays in your life?
2. Was this always the case? [If not]How do you feel about this change?
3. What role did it play in the household you grew up in?
4. Is your spirituality part of an organized religious body?
5. Do you attend religious services? How frequently? What do you get out of attending services?
6. [If person attends religious services] Do you socialize with people in your congregation? How would you feel about increasing your level of social contact with them?
7. Do you pray? In what ways? When and where? Why is it important for you to pray?
8. What kinds of spiritual experiences have you had that you recall as being very powerful? [When client is not clear] for example, feeling a sense of oneness with all the universe, or at harmony with everyone or everything in the world? Perhaps having a sense that God or a higher power was speaking directly to you. [clarify that these experiences do not arise under the influence of drugs/alcohol]
9. Do you enjoy reading religious or spiritual literature such as the Bible or books to help you feel closer to God? Or your higher power? Can you recall an example?
10. Do you see any connection between your personal moral conduct and your spiritual beliefs? In what ways? Aside from your gambling itself, which character flaws do you believe you have to change. Which virtues do you need to develop to feel better about yourself morally?
11. What effect, if any did your gambling problem have on your spirituality? In which areas? What, would you say, are your regrets about this?
12. What role, if any, do you think spirituality could play in your recovery process? What kind of changes would you have to make for it to play that role? Would you be interested in using your therapy sessions to keep an eye on your change plan?
13. [for those attending GA] In addition to helping you stay abstinent, how can GA assist you in attaining your spiritual goals? Have you shared this desire with your group, sponsor, or individual members? What would be the best way to involve yourself in GA to attain the necessary support for your spiritual goals?

Ciarrocchi, JW. *Counseling Problem Gamblers: A Self-Regulation Manual for Individual and Family Therapy*. Academic Press, 2002.