



FaithWorks Counseling

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Personal Faith Inventory

Exploring Your Faith and Spiritual Supports During Your Healing Journey.

Name: _____

Date: _____

Section 1: My Current Faith Beliefs

1. How would you currently describe your faith or spiritual beliefs?

- ☐ ☐ Christian
- ☐ ☐ Spiritual but not religious
- ☐ ☐ Unsure
- ☐ ☐ Other: _____

2. In your own words, what does your faith mean to you?

3. How has your faith helped you cope with difficult experiences in the past?

4. Do you believe God (or your higher power) cares about your healing journey? Why or why not?

Section 2: Past Experiences and Spiritual Wounds

5. Growing up, what messages did you receive about God, faith, or your worth?

6. Were there any experiences in your faith community that caused confusion, fear, or pain?

☐ Yes ☐ No

If yes, please describe briefly:

7. Do any of your early spiritual experiences feel connected to your trauma?

☐ Yes ☐ No ☐ Not Sure

If yes or unsure, how so?

Section 3: Current Supports and Challenges

8. Do you feel supported by a faith community now?

☐ Yes ☐ No ☐ I would like to be

9. Are there any beliefs or religious messages that feel harmful or unhelpful in your healing?

10. Are there any faith-based practices (prayer, scripture, worship, meditation) that bring you peace or comfort?

☐ Yes ☐ No

If yes, which ones?

11. Are there areas where you are wrestling with God or your beliefs right now?

Section 4: Moving Toward Healing

12. What would it look like to invite God (or your higher power) into your healing?

13. What truths from your faith encourage you in this season?

(Examples: "I am not alone," "God is a healer," "I am fearfully and wonderfully made")

14. Are there any lies you believe about yourself that your faith could help you confront?

15. What spiritual or emotional support do you need as you heal?

Optional Scripture Reflection

Choose a verse that stands out to you.

Verse: _____

How did this verse come to have special meaning to your?
