What is your Spirituality?

B/CS RealLife

Want to learn more...?

Come to BCS RealLife!

www.bcsreallife.org

Find Your Spiritual Pathway

On each row, rank the words describing your personality. On each row, write a 5 next to the word that describes you best; write a 3 next to the second-most descriptive word, write a 2 next to the third-most descriptive word, and a 1 next to the word that describes you the least. Total your scores at the bottom of each column and look on the next page to see your spirituality!

1. Independent	Compassionate	Spontaneous	Factual
2. Logical	Creative	Adventurous	Thorough
3. Straightforward	Empathetic	Adaptable	Systematic
4. Visionary	Idealistic	Self-determined	Dependable
5. Demanding	Committed	Observant	Organized
6. Speculative	Curious	Enthusiastic	Realistic
7. Original	Expressive	Playful	Loyal
8. Challenging	Perceptive	Vivacious	Responsible
9. Clever	Friendly	Excited	Traditional
10. Questioning	Imaginative	Tolerant	Detailed
11. Decisive	Personable	Fun loving	Devoted
12. Tough	Verbal	Pragmatic	Conscientious
13. Strategic	Concerned	Risk taker	Reliable
14. Change agent	Supportive	Troubleshooter	Consistent
	Total ____	Total ____	Total ____

O'Brien, 1996. U.S. Catholic.

O'Brien, 1996. U.S. Catholic.

Path of intellect	Path of devotion	Path of service	Path of asceticism
Thomistic prayer	Augustinian prayer	Franciscan prayer	Ignatian prayer
If you scored highest in column 1, you prefer Thomistic prayer. People in this prayer type prefer neat, orderly forms of the spiritual life, as opposed to the free-spirit, impulsive attitude of the Franciscan approach. Their spirituality is centered on the earnest pursuit of all intellectual transcendental values: truth, goodness, beauty, unity, love, life, and spirit.	If you scored highest in column 2, you prefer Augustinian prayer. This method uses creative imagination to transpose the world of scripture to our situation today as if the scripture passage is a personal letter from God addressed to each one of us. This path concentrates on meditations that loosen the feelings and expand the ability to relate to and love others, and God.	If you scored highest in column 3, you prefer Franciscan prayer. Franciscan spirituality leads to acts of loving service, which can be a most effective form of prayer. Franciscan prayer is flexible and free-flowing, making full use of the five senses, and it is spiritified-filled prayer. Those on this path can make a meditation on the beauty of a waterfall, flower, meadow, mountain, or ocean-all of God's creation.	If you scored highest in column 1, you prefer Ignatian prayer. It involves imagining oneself as part of a scene in order to draw some practical fruit from it for today. This spirituality goes back to the Israelite way of praying in 1000 B.C., to remember and immerse oneself in an event, thus resulting in the event in a symbolic way.