

SPIRITUAL AND EMOTIONAL DEVELOPMENT

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ISSUES IN PERSONAL DEVELOPMENT

1. Are you taking ownership of your own thoughts, feelings, choices?
2. What power are you aware of, and how are you using it?
3. What motivations are you aware of? Fear, shame, guilt, conscience, values, ethics, love
4. How much responsibility are you taking for issues you can't control?
5. Are you focusing mostly on *regrets* or gratitude and grace?
6. What boundaries need most careful attention?
7. Which relationships (or messages) are toxic in your journey?
8. To what degree are you an actor—vs. reactor, in decisions?
9. Do you have an identified community that *nurtures* you?
10. Are there some disciplines in your quest?

OBSTACLES TO GROWTH / THEOLOGIES TO DEVELOP

1. Can you live with some degree of ambiguity?
(Do you have a theology of mystery?)
2. Can you understand doubt as fuel for discovery and faith?
(Do you understand faith as a process?)
3. Can you follow in the darkness—while you wait?
(Do you have a theology for the winter/silence?)
4. Have you learned to listen for the Spirit's voice in community?
(Do you have a theology of relationship accountability?)
5. Can you make commitments to specific "opportunities"?
(Are there some vows you are willing to take?)
6. What is your understanding of a Presence in your life?
(How do you experience the Spirit?)
7. To what degree have you understood grace and love?
(What small portion of *grace* and *love* do you understand?)
8. Have you developed a theology of waiting?
(do you practice the discipline of postponed gratification?)