



Pastoral Care

ASSESSMENT RESOURCE

BEGIN.

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INSTRUCTIONAL GUIDE

OVERVIEW

The two assessment tools featured in this resource are designed to help Pastoral Care facilitators (and the people they work with) understand how well an individual (or couple) are functioning in the areas of Personal and Relational Wellbeing. These checklists are not standardized tests and should not be used as diagnostic instruments. Rather, each assessment tool helps identify the experiences, strengths and limitations a person may have across a broad range of domains. These assessments should only be used for guidance, referral or information purposes.

ETHICAL RESPONSIBILITIES

Assessment results should be treated as privileged and confidential. Before conducting any evaluation with any person, be sure to gain their informed consent. Carefully explain (a) the nature and purpose of the assessment (e.g., to identify areas of strength or limitation that can either be capitalised or worked on); (b) the degree to which assessment results will be treated with confidentiality (highlight any limitations); (c) whether assessment results will be recorded or logged (e.g., to monitor progress); and (d) how and where will these results be stored.

INSTRUCTIONS

Each assessment is designed to be completed by the person you are working with. This self-guided process shouldn't take longer than 10-15 minutes. Instruct the individual (or couple) to place a cross (x) along the 10cm line provided (see example below). Placing a check mark towards the left (in the direction of the minus sign) indicates lower levels of functioning, whereas placing a check mark towards the right (in the direction of the plus sign) indicates higher levels of functioning.



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CALCULATING RESULTS

Each question yields a score between 0-10. To obtain this score, take a ruler and measure the distance from the start of the line to the (x) cross (the line should be exactly 10cms long - record scores to the closest millimetre). Add each of the sub-domain questions to obtain a SUB-DOMAIN score. Add each of the sub-domain totals to obtain a DOMAIN score. Add each of the domain totals to obtain an OVERALL TOTAL score. To find the person's current FUNCTIONING LEVEL, calculate the overall percentage (%) score. This is achieved by dividing the overall total raw score by the scale's maximum value (Personal Wellbeing = 450; Relational Wellbeing = 150), then multiply by 100. For example, a total Personal Wellbeing raw score of 376.2 \div 450 (= 0.83) \times 100 = 83.6% (High Functioning Range).

SCORE INTERPRETATIONS

Assessment results are categorized by high, moderate, challenged or obstructed levels of functioning. Assessments don't diagnose, they simply indicate strengths and limitations. It's important to note, assessment results are derived at one specific point in time, and therefore, do not typecast a person. At no point should assessment results be interpreted as judgment of a person's character (either now or at any stage in the future).

BEGIN.

01 Personal Wellbeing

This checklist features a total of 45-questions, clustered into five core domains (and 15 sub-domains). Each domain represents a different areas of personal wellbeing, for example, physical, mental, emotional, social, and spiritual. This assessment is useful to pinpoint area of strength that can be capitalised on, as well as areas of potential concern that may warrant attention.

PHYSIOLOGY

Healthy Habits

How good is the quality and consistency of your sleeping habits?



How good is the quality and consistency of your eating habits?



How good is the quality and consistency of your exercise habits?



Physical Wellbeing

How pleased are you with your current level of physical fitness?



How satisfied are you with your current level of physical health?



How happy are you with your current weight?



Energy

How alert and active do you feel?



In terms of energy levels, how good do you currently feel?



When drained of energy, how well are you able to re-charge?



SOUL

Social Engagement

How easy do you find it to socialize and make friends?



How often do you socialise with friends and family?



How good is the quality of your current friendship network?



Self-worth

To what extent do you feel joyful and content within yourself?



How well do you like the person you have become?



How secure do you feel within yourself?



Spiritual Connection

How central to your life is your relationship with God?



How good is the quality of intimacy you experience with God?



To what extent do you feel God cares about and is pleased with you?



MENTAL

Thought Styles

To what extent do you reflect on the positive things you have experienced?

- +

How healthy do you think your current personal thought life is?

- +

To what extent do you spend time being thankful for the good things in life?

- +

Problem Solving

To what extent would you describe yourself as being solution focused?

- +

How well are you able to effectively solve problems?

- +

How well are you able to see problems as possible opportunities for good?

- +

Stress Management

How effective do you feel in being able to resolve personal pressure or tension?

- +

How well are you able to manage or deal with personal stress?

- +

How well do you stay mentally focused and emotionally stable when under stress?

- +

EMOTIONAL

Anger Mitigation

To what extent are you able to manage feelings of frustration?

- +

When things turn against you, how well are you able to keep your cool?

- +

When feeling angry, how well are you able to calm yourself down?

- +

Mood Management

To what extent do you feel able to manage feelings of sadness?

- +

When things don't go your way, how well do you keep yourself from getting upset?

- +

When feeling down, how well are you able to shake it off and rise up again?

- +

Peace

When the future seems uncertain, how well are you able to remain confident?

- +

To what extent do you feel able to manage feelings of worry?

- +

When facing adversity, how well are you able to maintain a sense of peace?

- +

RESILIENCE

Emotional Regulation

When you have been knocked back, how well are you able to move forward again?

- +

When things don't go according to plan, how well are you able to adapt?

- +

To what extent are you able to learn from setbacks, failures or mistakes?

- +

Coping Capacity

How well are you able to handle difficult situations and circumstances?

- +

How well are you able to stay calm in the midst of crisis?

- +

When receiving bad news, how well are you able to cope?

- +

Future Outlook

To what extent do you believe good things are yet to come or happen in your life?

- +

How confident and optimistic do you feel about your future?

- +

To what extent do you believe tomorrow will be better than today or yesterday?

- +

| Physiology | | Soul | | Mental | | Emotional | | Resilience | |
|--------------------|--|----------------------|--|-------------------|--|------------------|--|----------------------|--|
| Healthy Habits | | Social Engagement | | Thought Styles | | Anger Mitigation | | Emotional Regulation | |
| Physical Wellbeing | | Self-worth | | Problem Solving | | Mood Management | | Coping Capacity | |
| Energy | | Spiritual Connection | | Stress Management | | Forgiveness | | Future Outlook | |
| | | | | | | | | | |

| TOTAL RAW SCORE | | | TOTAL % | |
|------------------------------|---------------------------------|-----------------------------------|--------------------------------|--|
| High Functioning (75.1-100%) | Moderate Functioning (50.1-75%) | Challenged Functioning (25.1-50%) | Obstructed Functioning (0-25%) | |
| FUNCTIONING RANGE | | | | |

| PROGRESS CHART | Pre-Intervention | Post-Intervention | Follow Up |
|------------------------|------------------|-------------------|-----------|
| Highly Functioning | | | |
| Moderate Functioning | | | |
| Challenged Functioning | | | |
| Obstructed Functioning | | | |



02 Relational Wellbeing

This checklist features a total of 15-questions, clustered into five core domains (and 15 sub-domains). Each domain represents a different area of relational wellbeing, for example, security, contentment, maturity, intimacy and outlook. This assessment is useful to pinpoint area of strength that can be capitalised on, as well as areas of potential concern that may warrant attention.

RELATIONAL SECURITY

Relational Security

How faithful and dedicated are you toward your relationship?



.....



How much do you trust your partner?



.....



How safe do you feel personally in your relationship?



.....



Relational Contentment

As a couple, how well do you communicate in your relationship?



.....



As a couple, how able are you to resolve conflict in your relationship?



.....



How satisfied are you in your relationship?



.....



Relational Maturity

How able are you to not get offended?



.....



How able are you to maintain a positive attitude?



.....



How able are you to forgive your partner?



.....



**Relational
Intimacy**

How much emotionally intimacy do you feel in your relationship?



How much physical intimacy do you feel in your relationship?



How much friendship intimacy do you feel in your relationship?



**Relational
Outlook**

How optimistic are you about your relationship?



To what extend do you believe your relationship will succeed?



How much hope do you have for the future of your relationship?



| Relational Security | | Relational Contentment | | Relational Maturity | | Relational Intimacy | | Relational Outlook | |
|---------------------|--|------------------------|--|---------------------|--|---------------------|--|--------------------|--|
| Faithfulness | | Communication | | Social Stability | | Emotional | | Optimism | |
| Trust | | Conflict Resolution | | Positive Attitude | | Physical | | Belief | |
| Personal Safety | | Satisfaction | | Forgiveness | | Friendship | | Hope | |
| | | | | | | | | | |

| TOTAL RAW SCORE | TOTAL % | | |
|------------------------------|---------------------------------|-----------------------------------|--------------------------------|
| High Functioning (75.1-100%) | Moderate Functioning (50.1-75%) | Challenged Functioning (25.1-50%) | Obstructed Functioning (0-25%) |
| FUNCTIONING RANGE | | | |

| PROGRESS CHART | Pre-Intervention | Post-Intervention | Follow Up |
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