

Pastoral Health Survey

1.

* **1. I am a:**

- Pastor
- Pastor's wife
- Ministry Professional
- Ministry Professional's wife

* **2. The following accurately reflects the way I practice solitude with the Lord (choose one)**

- I spend at least 20 minutes in solitude every day
- On average, I spend at least 20 minutes in solitude about half of the days of the week
- Seldom do I spend 20 minutes in solitude
- Time in solitude is not a part of my spiritual life

* **3. Realistically, my ability to take time off each week is as follows (choose one)**

- I religiously take a whole day off every week
- On average, I take a day off every week
- On average, I take a day off every week about half of the time
- I seldom take a day off every week
- I do not take a day off every week

Please explain why you seldom take, or do not take, a day off every week

* **4. The following accurately reflects my sleep habits (choose one)**

- I sleep soundly most of the time
- Sleeping soundly is difficult for me
- I am plagued with not being able to get enough sleep

Pastoral Health Survey

* 5. The following reflects my eating habits (choose all that apply)

- I consistently eat a healthy diet
- Eating a healthy diet is not a priority with me
- Eating a healthy diet is difficult due to my schedule
- Eating a healthy diet is difficult due to my budget
- I eat with my spouse and/or family at least once a day
- I eat with my spouse and/or family at least twice a day
- I eat with my spouse and/or family once or twice per week

* 6. I would describe my overall physical health as follows (choose one)

- I am in great shape and my health is robust
- I am in good shape and healthy
- I am out of shape but generally healthy
- I am out of shape and not healthy

* 7. My exercise habits are as follows (choose one)

- I exercise every day and my heart rate is up for at least 20 minutes
- I exercise at least four times a week with an elevated heart rate
- I exercise less than four times a week
- I do not exercise

If you do not exercise, please give reasons

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Pastoral Health Survey

* 8. Please check all that apply to my overall medical condition

- I have high blood pressure
- I take vitamins regularly
- One or more of my family has major medical issues
- I take blood pressure medication
- My weight is within the normal range
- I was involved with substance abuse earlier in life
- I take medication for depression
- I am overweight
- I am involved with substance abuse now
- I take medication for anxiety
- I am at least 30 pounds overweight
- I am involved with substance abuse now
- I have chronic pain
- We are way behind on our medical bills
- I consume alcohol
- I have an annual physical examination
- Our health insurance is inadequate
- I generally feel depressed
- I see a dentist regularly
- We do not have health insurance
- I generally feel anxious
- I don't have good dental hygiene
- My family is relatively free from medical concerns
- I have major medical concerns

Please add any additional comments you would like concerning medical issues

* 9. I would describe my prayer-life and spiritual discipline in the following way (choose all that apply)

- I pray on-the-go and I spend at least 15 minutes daily in prayer
- We only pray as a couple at meal times
- I have a scheduled devotional time
- I pray on-the-go but do not spend at least 15 minutes daily in prayer
- Our children do not live at home but when they are around we pray together as a family
- I read and study the Word mostly for sermon or speaking preparation
- I seldom pray
- Our children live at home but we do not pray with them
- I read and study the Word regularly to refresh my own soul
- I pray everyday with my spouse at a scheduled time not counting mealtimes
- We pray regularly with our children who live at home during mealtimes, bedtime, and at other scheduled times
- I seldom study the Word
- I pray sometimes with my spouse not counting mealtimes
- We pray with our children who live at home only during mealtimes
- We do not pray together as a couple
- We pray with our children who live at home during mealtimes and bedtime

Pastoral Health Survey

* 10. Concerning fasting (choose one)

- I fast occasionally
- I fast once a week
- I fast once a month
- I do not fast

* 11. My schedule (choose all that apply)

- allows for me to be at home most evenings in any given week
- allows for me to be at home less than 4 evenings in any given week
- allows for me to take time to be at my children's events
- Does not allow for me to be at my children's events

* 12. Concerning my work habits (choose all that apply)

- I am diligent about keeping regular office hours
- I do not keep regular office hours
- I block-out certain hours of the week for study and consistently maintain this commitment
- I block-out certain hours of the week but cannot seem to actually make this work
- I am bi-vocational and must fit any study or pastoring around my other work
- I am bi-vocational but have freedom to schedule study and ministry time
- I feel constantly overwhelmed with ministry demands
- I am able to balance my ministry work with life and family
- Counseling others takes up a lot of my time

* 13. Close personal friendships (choose all that apply)

- Are hard to maintain and almost non-existent
- Are a vital part of my life and I nurture and enjoy them
- Include "couple" friendships we enjoy interacting with regularly
- Include "couple" friendships but we seldom interact
- Do not include "couple" friendships
- I feel isolated and without friends

Pastoral Health Survey

* 14. I love my spouse (choose all that apply)

- But we have lots of conflict that is seldom resolved
- And we have lots of conflict that we usually resolve positively
- And we never have conflict
- But we pretty much do our own thing
- And we enjoy our emotional intimacy
- And we enjoy our sexual intimacy
- But we don't enjoy our emotional intimacy
- But we don't enjoy our sexual intimacy
- But ministry comes between us
- And I am supported for what I do
- And we schedule time we need to be with one another
- But we seldom have time for one another
- And I know I am accepted for who I am by my spouse
- But I am not accepted for who I am by my spouse

* 15. Emotionally, I (choose all that apply)

- Am generally fearful or anxious
- Am angry but not out of control
- Am angry and sometimes ashamed of being out of control
- Feel like celebrating
- Seldom feel like celebrating
- Laugh a lot
- Am not happy enough to laugh much
- Feel generally satisfied

* 16. Television (choose all that apply)

- Controls too much of my time because I am too tired to do much else in the evenings
- Is only a part of our lives and managed with discipline and forethought
- Dominates the time we should spend together as a family
- Is only moderately intrusive in my life and my family life
- I watch TV more than 20 hours per week
- I watch TV between 10 and 20 hours per week
- I watch TV between 5 and 10 hours per week
- I watch TV less than 5 hours per week

Pastoral Health Survey

* 17. Computer use is (choose all that apply)

- Easy to manage
- Intrusive in my life or family life
- Difficult to control because of the amount of time I spend on it
- Difficult to control because of what I do on it
- Difficult to control because of my attraction to inappropriate sexual content
- Difficult to control due to job/ministry requirements
- Intrusive because my spouse is on it too often

* 18. Which of the following best describes how you and others are protected from inappropriate content while using a computer (choose all that apply)

- At work, all of our computers have either a content filtering or monitoring program
- At work, some of our computers have either a content filtering or monitoring program
- At work, none of our computers have either a content filtering or monitoring program
- At home, all of our computers use either a content filtering or monitoring program
- At home, some of our computers have a content filtering or monitoring program
- At home, none of our computers have a content filtering or monitoring program

* 19. My parents, who raised me (choose all that apply)

- Were emotionally close to one another
- Were not emotionally close to one another
- Were involved with substance abuse (at least one parent)
- Consistently told me that they loved me
- Consistently told me that they were proud of me
- Fought a lot
- Were not supportive of me as I was growing up
- Were divorced while I still lived at home
- Were not my biological parents
- Were able to talk to me about sex in a healthy and open way

Pastoral Health Survey

* 20. Loss of loved ones or close relationships (choose all that apply)

- One or both of my parents died before I entered high school
- A sibling died while I was still living at home
- We have suffered the loss of a child
- One or more of my parents or siblings have passed away within the past three years
- I have experienced the death of a close friend within the past three years
- I have experienced the loss of a close friendship within the last three years
- I have lost the confidence of my board, staff, or ministry leaders in the last three years
- I have not experienced any major losses in the past three years

* 21. Childhood abuse is multifaceted, and I am aware that (choose all that apply)

- I was sexually abused as a child
- I was physically abused as a child
- I was emotionally abused as a child
- I was neglected as a child
- I was nurtured in an appropriate and loving way as a child by my mother
- I was nurtured in an appropriate and loving way as a child by my father

* 22. I describe my view of myself as (choose all that apply)

- I am confident in the person the Lord has allowed me to become
- I don't like myself
- I don't feel good about myself no matter how hard I try
- I am confident in ministry but I do not feel good about who I am in close relationships
- I feel worthless most of the time

* 23. My relationship with my father can be described as (choose all that apply)

- We were emotionally close throughout my childhood
- He seemed emotionally distant from me
- He believed in me
- He was a strict disciplinarian
- He was cruel enough for me to be angry with him a great deal during my childhood
- I have an emotionally close relationship with my father now
- I have forgiven my father, but we do not have an emotionally close relationship
- My father is deceased

Pastoral Health Survey

* 24. My relationship with my mother can be described as (choose all that apply)

- We were emotionally close throughout my childhood
- She seemed emotionally distant from me
- She believed in me
- She was a strict disciplinarian
- She was cruel enough for me to be angry with her a great deal of the time
- I have an emotionally close relationship with my mother now
- I have forgiven my mother, but we do not have an emotionally close relationship
- My mother is deceased

* 25. My relationship with God is (choose all that apply)

- Good because I know He loves me
- Okay because I know He loves me but I never felt emotionally loved by Him
- Okay but I am not sure He likes me
- Hampered because I know He is watching everything I do and not too happy about it
- Marked by being on and off
- I feel distant from God

* 26. Depression (choose all that apply)

- I have been diagnosed with depression
- I have never been diagnosed with depression but I feel down a lot
- I do not feel discouraged or depressed
- I do feel some discouragement and depression, but I don't know who to turn to
- I occasionally feel discouraged and "down" but I seem to return back to feeling OK
- I take medication for mental health issues
- I don't believe in taking medication for mental health issues

Pastoral Health Survey

* 27. I describe myself as (choose all that apply)

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|--------------------------------------|--|---|
| <input type="checkbox"/> Excitable | <input type="checkbox"/> Focused | <input type="checkbox"/> Often confused |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Unable to concentrate | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Motivated | <input type="checkbox"/> Patient | <input type="checkbox"/> Sensitive |
| <input type="checkbox"/> Unmotivated | <input type="checkbox"/> Impatient | <input type="checkbox"/> Tough-skinned |
| <input type="checkbox"/> Obsessive | <input type="checkbox"/> Organized | <input type="checkbox"/> Disciplined |
| <input type="checkbox"/> Lonely | <input type="checkbox"/> Unorganized | <input type="checkbox"/> Undisciplined |
| <input type="checkbox"/> Forgetful | <input type="checkbox"/> Clear thinking | <input type="checkbox"/> Weary |

* 28. It would be a great help to my marriage if (choose all that apply)

- My spouse was more supportive of me
- If I was more supportive of my spouse
- We had more regularly scheduled time together
- We could afford babysitters for regular get-aways
- We could receive marriage counseling
- My spouse was willing for us to get some help with our marriage

* 29. It would be a great help to me in ministry if (choose all that apply)

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|--|--|
| <input type="checkbox"/> Our family had enough money to pay our basic expenses | <input type="checkbox"/> I had more time off each week |
| <input type="checkbox"/> My church board was not so contentious | <input type="checkbox"/> I had more ministry training |
| <input type="checkbox"/> I had more time off for vacations each year | <input type="checkbox"/> I had a mentor |

* 30. Personal finances are (choose all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Adequate | <input type="checkbox"/> Too limited to tithe |
| <input type="checkbox"/> Always a source of concern | <input type="checkbox"/> Challenging, but we tithe and get along alright |
| <input type="checkbox"/> An area of contention with my spouse | <input type="checkbox"/> Adequate enough for us to give more than a tithe |
| <input type="checkbox"/> Challenging, but we get along alright | |

Pastoral Health Survey

* 31. Conflict resolution is an area (choose only one)

I handle biblically and constructively

I am challenged with

I could use help with

I don't even try to go there

* 32. Overall ministry satisfaction (choose all that apply)

For the most part I love our ministry and it has been good for me, my marriage and my family

I truly dislike our ministry right now and have felt this way for more than a year

About half of the time I love our ministry and it has been good for me, my marriage, and my family

My spouse feels the same way about our ministry

I love our setting of ministry

My spouse does not feel the same way I do about our ministry

I do not like our setting for ministry and feel stuck

* 33. Overall personal satisfaction (choose all that apply)

I feel personally fulfilled and on track

I feel personally stuck with no options for improvement

I have one or more shameful secrets and need prayer regarding this

I have no secrets that I keep from my spouse

I have some personal struggles, but feel that I have no one I feel safe enough to share them with

34. I have important personal/ministry concern(s) that are not addressed in this survey.

Please describe below.