

Paul W. Pruyser's Spiritual Assessment Variables: ¹

1. **“Awareness of the Holy.** What fills me with awe? What would I sacrifice myself for?
2. **Providence.** What is the divine purpose toward me?
3. **Faith.** Do I embrace life or shrink from it?
4. **Grace or gratefulness.** Where is kindness in my life? Where is forgiveness? Is there a gracious spirit in my living?
5. **Repenting.** What do I regret? How do I want to change?
6. **Communion.** Am I embedded with others, or estranged from them?
7. **Vocation.** What is my life's purpose in my remaining years?”

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next question and so forth. A person can pass.

Paul W. Pruyser offers us seven variables to look at our lives to help us see more clearly how we make **“Meaning...to gain a sense of purpose in life, and [in our] Ethics/Morality...the conflict between actions and sense of moral obligations and social responsibilities.”** ²

- 1) **Share about your “Awareness of the Holy,” Providence” and/or “Communion.”** (Cornerstones of faith, trust, community, and the sacred. “These are the relationships and support system outside of ourselves that can motivate us to change and sustain us through difficult times.”) ²
- 2) **Share about your “Faith” and/or “Vocation.”** (Cornerstones of hope. “What limits do we place on ourselves that keep us going in one direction or limiting ourselves to one place or plan? How much flexibility will we allow ourselves to consider something new?”) ²
- 3) **Share about your experiences of “Grace” and/or “Repentance.”** (Cornerstones of love and gratitude. “Both are primary tools of change in the life of any person.”) ²

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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¹ <http://asthedeer.com/2012/06/06/paul-pruysers-seven-diagnostic-variables/> (accessed September 26, 2014/no longer available). Link to Paul W. Pruyser's 1976 book: [The Minister as Diagnostician: Personal Problems in Pastoral Perspective: Pruyser, Paul W.: 9780664241230: Amazon.com: Books](https://www.amazon.com/dp/9780664241230)

² <https://www.slideshare.net/CeliaMunson/pastoral-diagnosis-updated> (accessed December 11, 2022), slides 1 - 7, 22, 28.